

Re-Fried Chicken with Mentsuyu Sauce & Soba Noodles

Yield: 2 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-chicken-skin-recipe>

Ingredients:

- 1 1/3 cups chicken skin leftover BBQ'd or Roast, still on, roughly shredded
- 5 1/4 ounces soba noodles
- 1 tablespoon clarified butter Ghee otherwise Coconut or Vegetable Oil
- 4 tablespoons noodle Soba, or /Mentsuyu Sauce
- 1 teaspoon dashi Granules
- 1 tablespoon water
- 2 tablespoons soy sauce
- 2 tablespoons mirin
- 1 tablespoon sake not essential
- 1 teaspoon sugar
- 1 tablespoon chives chopped
- 1 teaspoon toasted sesame seeds
- 1/2 teaspoon sesame oil

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 65 grams
3. Cholesterol: 115 milligrams
4. Fat: 13 grams
5. Fiber: 1 grams
6. Protein: 43 grams
7. SaturatedFat: 5 grams
8. Sodium: 1610 milligrams
9. Sugar: 3 grams

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