

Chicken Soba Noodle

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-maitake-mushroom-recipe>

Ingredients:

- 1 chicken thigh skin on and boned or boneless chicken thigh
- salt
- black pepper
- 1/2 tablespoon canola oil
- 1 tablespoon soy sauce
- 1 tablespoon sake
- 2 tablespoons mirin
- 1/2 tablespoon sesame oil
- 1/2 leek cut into about 2 inches length
- 1/2 package maitake mushroom tear into bite size, or your favorite mushroom
- 2 tablespoons sake
- 1/4 cup mirin
- 3 2/3 cups water
- 1/4 cup soy sauce
- 1 seaweed x 2 inch pieces kombu
- 1 cup bonito flakes
- 1 teaspoon salt
- 1 green onion chopped
- shichimi togarashi to garnish, optional
- meyer lemon zests of, to garnish, optional

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 115 milligrams
4. Fat: 26 grams
5. Fiber: 5 grams
6. Protein: 37 grams
7. SaturatedFat: 6 grams

8. Sodium: 3980 milligrams
 9. Sugar: 3 grams
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