

Udon with Chicken and Vegetables

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/udon-recipe-hot-japanese>

Ingredients:

- 1/8 teaspoon dashi granulated, mixed with 1 cup hot water
- 1 tablespoon mirin
- 1 tablespoon dark soy sauce
- 1 teaspoon sugar
- 1/2 teaspoon cornstarch
- 1/8 teaspoon ground white pepper freshly
- 3/4 pound boneless skinless chicken breasts cut into 1-inch pieces
- 3/4 teaspoon dashi granulated, mixed with 6 cups hot water
- 3 tablespoons dark soy sauce
- 2 tablespoons light soy sauce
- 2 tablespoons rice vinegar
- 1 tablespoon sugar
- 1/8 teaspoon ground white pepper freshly
- 1 teaspoon salt
- 1 pound udon noodles
- rice noodles
- 2 inches boiling water
- 3 cups spinach leaves
- 4 eggs
- 4 green onions white and light green portions, thinly sliced on the diagonal
- 1 teaspoon chili powder

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 97 grams
3. Cholesterol: 265 milligrams
4. Fat: 9 grams

5. Fiber: 6 grams
6. Protein: 40 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 4220 milligrams
9. Sugar: 5 grams

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