



YAKI UDON

4 portions

INGREDIENTS

- 1 Packet of udon noodles (500 g)
- 2 cloves of garlic, diced (6 g)
- 500 grams of chicken breast, diced
- 200 grams of bok-choy, diced
- 200 grams of broccolini, diced
- 200 grams of gai-lan
- 1 cup, of mushrooms, sliced (70 g)
- 4 spring onions, diced (60 g)
- 1/2 cup of sauce, teriyaki, ready-to-serve, reduced sodium
- 3 tbsps of dark sweet soy sauce (54 g)
- 1 tsp of oil, sesame, (5 g)
- 1 cucumber, sliced (301 g)
- 4 tablespoons of pickled ginger (Optional)
- 4 tsps of sriracha mayo (Optional)

COOKING METHOD

- 1° Prep udon noodles as per packet instructions
- 2° Add 1 tbsp of olive oil, garlic and chicken into a large saucepan or wok and stirfry until brown.
- 3° Add greens, mushrooms and shallots and saute for 3 minutes.
- 4° Add teriyaki sauce, soy sauce and sesame oil. Toss through for 2 minutes. Season with Salt & Pepper.
- 5° Add prepped/ cooked udon noodles. Toss for 2 minutes.
- 6° Serve with fresh cucumber, pickled ginger and sriracha mayo.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (579 g)	% DRI
ENERGY	90 kcal	523 kcal	26 %
FAT	2 g	9 g	14 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	6 %
CHOLESTEROL	16 mg	91 mg	30 %
SODIUM	298 mg	1726 mg	72 %
CARBOHYDRATE	11 g	66 g	22 %
SUGARS	2 g	10 g	—
FIBER	1 g	5 g	19 %
PROTEIN	8 g	44 g	—