



YAKI UDON STIR FRY

Thick, Chewy and Delicious Japanese Wheat Noodles in a Thick and Savory Sauce

This is my favorite of all the 'savory' noodle dishes that I've made so far, for this cookbook... and considering this is the 36th dish I've made, that says somethin'. Udon noodles are utterly awesome and are a favorite at most Japanese restaurants. Rather than making a typical soup/hot pot with them, I wanted to make a stir fry. This way, we could stretch the points/servings, while also ensuring all but one Asian region, represented in this book's recipes, has a noodle dish (sorry, Cambodia *shrug*).

Ingredients:

Meat:

- 1-1/2 lb chicken breast, sliced into thin, bite sized pieces
- 3/8 tsp baking soda, dissolved into 1 Tbsp water

Sauce:

- 2 tsp rice vinegar
- 1-1/2 tsp balsamic vinegar (see recipe notes)
- 2 tsp 0 calorie sugar replacement (I used lakanto monkfruit)
- 2 Tbsp 'dark' soy sauce (I used 'sushi chef' brand)
- 3 Tbsp lower sodium soy sauce
- 2-1/2 Tbsp oyster sauce

Veggies: *(highly customizable, see notes)*

- 8 oz sliced mushrooms, any variety (I used baby bella)
- 1 medium onion, thin sliced
- 1/2 cup green onions (scallions), sliced into 1" pieces
- 8 oz canned bamboo shoots, drained (see notes)
- 4 baby bok choy. Bottom 1" trimmed off, leaves/stems rinsed, sliced in half, lengthwise (watch a youtube video, if needed)

Noodles:

- 8 oz by weight, dried udon noodles (makes 3-3/4 cups cooked), cooked according to package directions. Drain, rinse under cold water, set aside.

Servings Info.:

Yield: 10.5 cups

Servings: 7

Serving Size: 1.5 cups



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*- last checked 12/01/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.*

Directions:

1. Mix the sliced chicken with the baking soda and water mixture. Set aside for 20-30 minutes.
2. Mix the sauce ingredients together, set aside.



3. (A) Slice the washed bok choy in half, set aside. (B) Prep all your veggies before getting ready to cook. (C) Heat a LARGE high walled pan over medium high heat for 1 minute. Spray pan with cooking spray, then cook chicken for 5 minutes, till just cooked through. Remove from pan. (D) Spray pan, then add onions, mushrooms and bamboo shoots. Cook 4-5 minutes, set aside.



4. (A) Return the pan to heat, then add the sliced bok choy and a spoonful (1 Tbsp) of water. Cover and steam for 4 minutes. Remove lid every minute and add another 1 Tbsp of water. (B) After 4 minutes, the bok choy should be just starting to brown. (C) Add the onions, mushrooms, bamboo shoots, chicken and sliced green onions to the pan. Toss to mix. (D) Add the cooked/rinsed noodles to the pan and toss to combine. Cook for 2 minutes. (E) Pour in the sauce, then (F) cook for an additional 3-4 minutes, mixing and tossing the entire time. Cook until the sauce begins to thicken and starts to coat the noodles. The coating will get darker as the sauce reduces. Done.

NOTES:

- **MUSHROOMS:** Though I used inexpensive, sliced baby bella mushrooms, you can use any variety you wish. Traditional recipes would call for Shitake mushrooms. Well, I don't know about ya'll... but this Cook's on a budget.
- **OYSTER SAUCE:** My wife HATES oyster sauce... a fact I learned after I made this dish. If you don't like the slight seafoody taste of oyster sauce, you can purchase vegetarian oyster sauce at stores. It's made from mushrooms and has a slightly different flavor profile.
- **LARGE FRYING PAN vs. WOK:** I'm using a large pan instead of a Wok, because most people don't have woks. My recipes will always use common equipment in their preparations, to make the dishes as accessible as possible. A frying pan won't get as hot as a wok, which is why my cook times and methods are different than traditional recipes.
- **BALSAMIC??:** In this recipe, I'm substituting balsamic vinegar for Chinese/Japanese black vinegar. It's easier to find and it works in a pinch, without ordering special ingredients.
- **RICE VINEGAR AND SWEETENER:** The traditional recipe for this dish calls for using "mirin", which has points. I'm subbing it out with rice vinegar and sweetener. It's a legit ingredient swap.
- **UDON NOODLES:** I am using dried, packaged udon noodles in my recipe. However... in the refrigerated aisle of your store, where they sell tofu and other cold Asian ingredients, they sell already cooked, vacuum sealed udon noodles. If you choose to use those, simply set them in some hot water for a minute, to warm them... then stir them in, the same as you would with step 4D. Note: My dried udon noodles are 21 points for 3-3/4 cups of cooked noodles. If you use vacuum sealed noodles, check the points, and measure the noodles out. Adjust your points accordingly, if necessary.

SUBSTITUTION IDEAS:

- You can use chopped cabbage, broccoli florets, snow peas, zucchini, or any other green vegetable that you'd like, in place of the bok choy.
- If you don't want to use canned bamboo shoots, you can substitute them for thin sliced carrots or celery, though carrots will need to cook longer to soften.

