

2.3 ^{yakisoba} Yakisoba Noodles (焼きそば)

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Cuisine:  Japan

Servings: 4



About the Dish

Japanese ^{yakisoba} やきそば is similar to other fried noodle dishes in Asia, such as ^{japchae} 잡채 in Korea, ^{chow mein} 炒面 in China, ^{mie goreng} in Indonesia, Brunei, and Malaysia, ^{pad thai} ผัดไทย in Thailand, ^{pancit canton} in the Philippines, and many others. Like its sister dishes, yakisoba is a fried noodle dish with a savory-sweet sauce and different vegetables. Here is the "authentic" yakisoba recipe with ingredients available in local grocery stores in New York City.

157 Ingredients

- 158 • 1 pack of *Maru-chan Yakisoba* noodles (Most
159 large grocery stores and Asian grocery stores
160 carry it. Any Asian white noodle can be used as
161 a substitute) 168 • 1 chicken breast, thinly sliced (optional)
162 • 1 cup cabbage, thinly sliced 169 • Other vegetables (any vegetables should work
163 • 1 medium carrot, thinly sliced 170 such as scallions, mushrooms, bell peppers etc)
164 • 1 medium onion, thinly sliced 170 • Vegetable oil
• Yakisoba sauce (included in the noodle pack or
prepare separately if desired)



172 Procedures



1. Prep the chicken and vegetables: Slice the chicken breast into thin, bite-sized strips. Prepare the cabbage, carrot, onion, and other vegetables by slicing them into thin pieces.



2. Sauté the chicken and vegetables: Heat vegetable oil in a large pan. Add the sliced chicken and stir-fry. Remove the chicken from the pan and set aside. In the same pan, throw in the onions, carrots, cabbage, and any other desired vegetables (such as mushrooms or bell peppers), stir-frying until they are tender-crisp.



3. Cook the noodles: Follow the package instructions to cook the noodles. If it's Maru-chan Yakisoba noodles, put noodles into boiling water for a few minutes until they become softened.

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4. Cook the noodles: Put the noodles into the pan and cook with the chicken and vegetables. Once the noodles are cooked, add the sauce packet from the Maru-chan Yakisoba pack or your own prepared sauce, stirring well to coat the noodles.



5. Toss everything together until well combined and heated through.

175 Notes

176 My dad used to cook *yakisoba* for me during my youth. My two kids did not have a chance to meet him
177 in person, but I'm happy that I can pass on the recipe and the flavor of this popular Japanese home dish
178 to them (Tomonori, Kiyo, and Ren's dad).