



RESCUING FOOD • NOURISHING COMMUNITIES



## RECIPE CARD



Recipes developed in conjunction with  
the University of Otago Human Nutrition Department

# TERIYAKI CHICKEN STIR-FRY WITH UDON NOODLES

SERVES 4-5



## INGREDIENTS

- 1-2 pkts udon noodles
- Salt
- 200-800g (2-4 cups) chicken breast OR thigh
- Cooking oil

### ***Any combination of vegetables:***

- Capsicum
- Cabbage
- Carrot
- Onion (peeled)
- Zucchini/courgette

### ***Teriyaki Sauce Ingredients:***

- 1 garlic clove, peeled and crushed
- 2 tsp grated fresh ginger
- 4 Tbsp soy sauce
- 1 Tbsp sugar or honey
- 2 Tbsp water

## METHOD

Read instructions carefully so that noodles and stir-fry are ready to eat at the same time.

1. Use knife and chopping board to slice 4 cups of vegetables. Place prepared vegetables in a bowl. Set aside.
2. Use knife and chopping board to cut chicken into thin strips.
3. Heat 1 Tbsp oil in frying pan. Add chicken and fry until golden. Chicken doesn't have to be fully cooked at this stage.
4. Add vegetables and fry for 5-10 minutes until vegetables have heated through but are still crunchy.
5. Add sauce ingredients and simmer for 2-3 minutes.
6. Add udon noodles to stir-fry once stir-fry is cooked. Mix and keep on heat until warmed through.