

Japanese | Chicken Yakisoba



NOURISH
BY STANFORD CARE

30 MINUTES | SERVES 2



Did you know broccoli is typically harvested by hand and not by machine? Thanks to the farmers' hard work, applying mindful eating to this meal is a great way to enjoy the meal and show gratitude. Chewing slowly and deliberately can help you taste the flavors more and also give your body time to absorb the food properly.

INGREDIENTS

1 package of Yakisoba noodles boiled until al dente (231 gram)
4 oz boneless skinless chicken breast, cubed
1 cup shredded cabbage

1 cup broccoli
1 cup julienned carrots
2 cups spinach
1 cup mushrooms
1 Tbsp oil

INSTRUCTIONS

1. Heat oil in a wok to medium-high. Add chicken breast, and sauté until cooked through.
2. Add shredded cabbage, carrots, broccoli florets, and mushrooms - cook until tender.
3. Add Yakisoba Noodles packets. Sauté frequently stirring for 5 minutes. Add the seasoning packet.
4. Add water 1/2 cup at a time to steam noodles, and make a light sauce.
5. Mix in spinach and remove from flame. The heat from the noodles is all that's needed to wilt the spinach.

This recipe is kitchen-tested by Chef Irfan Dama and nutritionally approved by Stanford CARE registered dietitian, Lily Phan.



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