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.