



More than Food

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Chicken Yakitori

with Pan-Fried Miki Noodles and Green Beans

Yakitori is a favourite late-night street food in Japan, where you'll find alleys lined with charcoal grills selling skewers by the hundreds. We're marinating our chicken yakitori in a sweet garlic-soy sauce and serving them atop chewy pan-fried noodles and crunchy green beans.

 Prep
35 min

 level 2

 dairy
free

 nut
free



Chicken Breasts



Miki Noodles



Garlic



Green Onion



Green Beans



Red Onion



Sriracha



Soy Sauce



Hoisin




Wooden Skewers

Ingredients

4 People

*Not Included

Chicken Breasts		4
Miki Noodles	1)	1 pkg
Garlic		4 cloves
Green Onions		4
Green Beans, trimmed		1 pkg
Red Onion, sliced		1 pkg
Sriracha 	2)	1 pkg
Soy Sauce	1) 3)	1 pkg
Hoisin	1) 3) 4)	1 pkg
Wooden Skewers		8
Olive or Canola Oil*		

Allergens

- 1) Wheat/Blé
- 2) Sulphites/Sulfites
- 3) Soy/Soja
- 4) Sesame/Sésame

Tools

Strainer, Large Bowl, Baking Sheet, Large Pan, Shallow Dish, Medium Bowl

Nutrition per person Calories: 743 cal | Fat: 14 g | Sat. Fat: 3 g | Protein: 46 g | Carbs: 96 g | Sugar: 19 g | Fiber: 6 g

Ruler

0 in 1/4 in 1/2 in 3/4 in 1 in



1 Prep: Preheat the oven to 425°F. Soak the **skewers** in a shallow dish filled with warm water. **Wash and dry all produce.** Thinly slice the **green onions**, keeping the white and green parts separate. Halve the **green beans**. Mince the **garlic**. Rinse and drain the **noodles**.



2 Marinate the chicken: Cut the **chicken** into 1-inch cubes and toss in a medium bowl with **garlic**, **half the hoisin**, and **half the soy sauce**.



3 Cook the onions: Heat a drizzle of **oil** in a large pan over medium heat. Add the **onions** and cook, tossing occasionally, for 7-8 minutes, until golden brown.

4 Prep and bake the chicken skewers: Meanwhile, remove the **chicken** from the marinade and thread onto the **skewers**. Place onto a lightly oiled baking sheet. Bake in the oven for about 10-12 minutes, until slightly caramelized and cooked through. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.)

5 Cook the noodles: Meanwhile, add a drizzle of **oil** to the onions. Add the **noodles**, **green beans**, **green onions**, and **1/4 cup water** to the pan and cook, stirring occasionally, until the water evaporates and the green beans become crisp-tender, 4-5 minutes.

6 Dress the noodles: Toss the **noodles** with the **remaining soy sauce**, **remaining hoisin** and as much **sriracha** to taste, if desired.

7 Plate: Serve the **chicken yakitori** over the **noodles**, sprinkled with the **green onions**. Enjoy!