

Teriyaki Chicken Noodle Bowls

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Ingredients

2 (5.6-ounce) packages refrigerated Yaki Soba, seasoning sauce packets discarded\*  
1 tablespoon cornstarch  
1/3 cup reduced sodium soy sauce  
1/4 cup brown sugar, packed  
3 cloves garlic, minced  
1 tablespoon freshly grated ginger  
2 tablespoons honey  
1 pound boneless, skinless chicken thighs, cut into 1-inch chunks  
1 tablespoon olive oil  
1 teaspoon sesame seeds  
1 green onion, thinly sliced

Process

In a large pot of boiling water, add Yaki Soba until loosened, about 1-2 minutes; drain well.

In a small bowl, whisk together cornstarch and 1/4 cup water; set aside.

In a small saucepan over medium heat, add soy sauce, brown sugar, garlic, ginger, honey and 1 cup water; bring to a simmer. Stir in cornstarch mixture until thickened enough to coat the back of a spoon, about 2 minutes; let cool to room temperature. Reserve 1/4 cup and set aside.

In a gallon size Ziploc bag or large bowl, combine soy sauce mixture and chicken; marinate for at least 30 minutes to overnight, turning the bag occasionally. Drain the chicken from the marinade.

Heat olive oil in a large skillet over medium heat. Add chicken and cook until golden brown and cooked through, about 3-4 minutes; set aside.

Stir in Yaki Soba and 1/4 cup reserved soy sauce mixture until well combined, about 2 minutes.

Serve immediately, garnished with sesame seeds and green onion, if desired.

Nutrition

Servings: 4  
Calories:  
Fat:  
Carbs:  
Protein: