

PHAT YAKI UDON

What you need

200g cabbage
1/2 red capsicum/bell pepper
1 carrot
2 cloves of garlic
2 chicken thighs
100g bean sprouts
1 packet enoki mushrooms
2 eggs
400g pad thai noodles (flat rice noodles)

Olive oil, as needed
Spring onion, for garnish

Don't make this recipe without: fish sauce, tsuyu

Seasoning

2tbsp sake
2tbsp mirin
1 1/2 tbsp fish sauce
2 tsp Japanese soy sauce
60ml tsuyu (dilluted correctly)
Handful katsuo-bushi
(dried bonito flakes)

Yields 4 main meals

Preparation 20 minutes

Cooking 30 minutes

What to do

1. Put a large pot of water on the boil. Chop up the garlic finely; and slice the red onion, capsicum and carrots to a similar size so they cook at the same rate. Sauté the garlic in some olive oil, and add the onions as the garlic starts to sizzle and release its aroma.
2. Cut the cabbage into about 2cm squared pieces; and add to the pan along with the carrot and capsicum. Wash the enoki mushrooms and bean sprouts and set aside to be added at the very end. Cut the chicken thigh into 2cm cubes and season with salt and white pepper, and add to the pan when the vegetables have softened slightly.
3. In the meantime, start cooking the noodles according to the packet; mine took about 7-8 minutes. Measure out and combine in a measuring cup all the ingredient under *Seasonings* and have ready. Beat the eggs in a bowl and set aside.
4. Take the pan off the heat when the chicken has cooked through; the vegetables should still be vibrant and have a crunch to them. Drain the noodles while they are still a little bit under, as they continue to cook in the pan. Rinse the noodles under a cold running tap.
5. Add the noodles to the pan, along with bean sprouts and enoki mushrooms. Loosen the noodles with a dash of olive oil if required. Pour the mixed seasonings over the noodles and add bonito flakes. Taste and adjust seasoning, and pour the egg around the noodles and stir. Serve the noodles hot, with extra bonito flakes and spring onion to garnish.

Notes

You could use all kinds of Asian mushrooms and greens, you could use pork instead of chicken or add prawns. As with any stir-frying and lots of Asian dishes, timing is crucial and good preparation is key!