



CHICKEN YAKITORI

with Yakisoba Noodles and Green Beans

FAMILY



HELLO YAKITORI

A Japanese grilled chicken skewer most commonly grilled over charcoal



Chicken Thighs



Wooden Skewers



Garlic



Stir-Fry Sauce



Green Beans,
trimmed



Red Onion, sliced



Yakisoba
Noodles, thick

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 379

BUST OUT

- 2 Baking Sheets
- Shallow Dish
- Garlic Press
- Strainer
- Large Pan
- Aluminum Foil
- Measuring Cups
- Salt and Pepper
- Medium Bowl
- Olive or Canola oil

INGREDIENTS

4-person

- Chicken Thighs 680 g
- Wooden Skewers 6
- Garlic 20 g
- Stir-Fry Sauce 1,4,8,9 6 tbsp
- Green Beans, trimmed 340 g
- Red Onion, sliced 113 g
- Yakisoba Noodles, thick 1 360 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

Preheat the oven to **450°F** (to bake the chicken and green beans). Start prepping when the oven comes up to temperature!



1 PREP

Wash and dry all produce.* In a shallow dish filled with **hot water**, soak the **skewers**. Mince or grate the **garlic**. In a strainer, rinse and separate the **noodles** under warm running water. Drain and set aside. Pat the **chicken** dry with paper towel, then cut into ½-inch cubes.



4 ROAST BEANS

Meanwhile, on another baking sheet, toss the **green beans** with a drizzle of **oil**. Roast in the centre of oven until golden-brown, 10-12 min.



2 PREP SKEWERS

In a medium bowl, combine the **garlic**, **stir-fry sauce** and **chicken**. Season with **salt** and **pepper**. Thread the chicken onto the skewers (keep the marinade — we'll use it to make a sauce later). Arrange the skewers on a foil-lined baking sheet.



5 COOK NOODLES

Meanwhile, heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **onions**. Cook, stirring occasionally, until the onions are golden-brown, 7-8 min. Add **reserved marinade** and **¼ cup water**. Bring to a boil. Add the **noodles** and cook, stirring occasionally, until warmed through, 1-2 min.



3 BAKE SKEWERS

Bake the **chicken skewers** in the centre of the oven, turning them over halfway through cooking, until golden-brown and cooked through, 10-12 min.



6 FINISH AND SERVE

Stir the **roasted green beans** into the **noodles**. Divide the noodles between plates and top with the **chicken yakitori**.

YUMMY!

An exotic late-night staple made right in your kitchen.