



# CHICKEN YAKITORI

with Yakisoba Noodles and Green Beans



## HELLO YAKITORI

A Japanese grilled chicken skewer most commonly grilled over charcoal

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 371



Chicken, cubed



Wooden Skewers



Garlic



Hoisin Sauce



Soy Sauce



Green Beans, trimmed



Red Onion, sliced



Yakisoba Noodles

## BUST OUT

- Shallow Dish
- 2 Baking Sheets
- Medium Bowl
- Large Pan
- Measuring Cups
- Salt and Pepper
- Olive or Canola oil

## INGREDIENTS

4-person

- Chicken, cubed **2 pkg (680 g)**
- Wooden Skewers **6**
- Garlic **2 pkg (20 g)**
- Hoisin Sauce **1,4,8** **1 pkg (4 tbsp)**
- Soy Sauce **1,4** **2 pkg (2 tbsp)**
- Green Beans, trimmed **2 pkg (340 g)**
- Red Onion, sliced **1 pkg (113 g)**
- Yakisoba Noodles **1** **2 pkg (380 g)**

## ALLERGENS

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

- 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

## START STRONG

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

**BBQ TIP:** Instead of baking, grill chicken skewers over medium heat, 2-3 min per side, until cooked to 175°F.



**1 PREP** Soak the skewers in a shallow dish filled with hot water. **Wash and dry all produce.** Mince or grate the **garlic**.



**2 PREP SKEWERS** In a medium bowl, combine the **garlic, hoisin sauce, soy sauce** and **chicken**. Season with **salt** and **pepper**. Thread the chicken onto the **skewers** and place them on a foil-lined baking sheet. (Keep the marinade in the bowl – we'll use it to make a sauce later.)



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



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



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

A Japanese late-night staple made right in your kitchen.