

Yakisoba (焼きそば) Japanese stir-fried noodles

This classic Japanese dish is super-quick and cheap to make, and can be made vegan if the meat is left out.

Ingredients (Makes 3 servings):

340g of thinly sliced pork belly, cut into pieces (omit if making vegetarian)
1 package of yakisoba noodles, which contain 3 individual portions. I recommend the *shio* (塩) type, which come with a small pack of salt seasoning, which can be used for seasoning
½ onion, finely sliced
1 carrot, peeled and cut into *julienne* strips (it may be grated as a quicker alternative)
3 shiitake mushrooms, cut into slices
2 green onions/scallions, thinly slices
4 cabbage leaves, shredded
100g of beansprouts (*moyashi* もやし)
2 tbpn neutral oil (canola/vegetable/olive oil *not extra-virgin olive oil*)
4-6 tbsp yakisoba sauce (the yellow *Otafuku Yakisoba Sauce* ‘オタフク’ 焼きそばソース is popular)



Method:

1. In a large shallow pan or wok, fry the meat in the oil on a medium-high heat until browned.
2. Add the onion and carrot and cook for 2-3 minutes.
3. Add the cabbage and cook until almost tender.
4. Add the mushrooms, beansprouts and green onions / scallions and cook for a further 2-3 minutes.
5. Add the yakisoba noodles (and seasoning) and cook for 3-4 minutes, stirring regularly.
6. Add the yakisoba sauce and cook until everything is coated in the thickened, glossy sauce.
7. Classically, the noodles are topped with pickled red ginger (*kizami beni shōga* 刻み紅生姜).