

## Chicken Udon Recipe

### Ingredients (Tesco in Addlestone sell all these ingredients):

- 1 packet of udon (comes in a pack of 2)
- 320g of mini chicken fillet or chicken breast or slice carrots/baby corn for the vegetarian option
- 1 sweetheart cabbage
- 1 red onion
- 3 tbsp of soya sauce
- 3 tbsp of water
- 2 tsp of sugar
- 2 gloves of garlic

### Marinade ingredients:

- 1 tbsp sesame oil
- 2tbsp soya sauce
- 1 tsp sugar

### Instructions for marinade (night before preparation with the children if you like):

1. Dice up the chicken into cubes.
2. In a big bowl, pour in the sesame oil, soya sauce and add the sugar. Mix together
3. Add the chicken pieces into the marinade and mix together, leave overnight in a fridge for extra flavour.

### Preparation instructions (on the day with the children):

1. Remove the shell of the garlic and then crush up in a garlic press or chop up into fine pieces.
2. Peel the onion, half the onion and the chop into slices.
3. Half the sweetheart cabbage and then quarter. Remove the heart of the sweetheart cabbage by cutting off and throw away. Then slice the rest of the sweetheart cabbage up.
4. Measure out all the other ingredients and leave aside.
5. Cut open the packets of udon and leave aside.
6. Bring out the marinated chicken from the fridge.

### Cooking instructions:

1. In a wok or a big pot, heat up some olive oil.
2. Once olive oil has been warmed up add the garlic and onion, mix together for a couple of minutes so that these do not stick to the wok. (You can adjust the heat down to soften the onions if you prefer).
3. If you have adjusted for the heat of the stove, turn the heat back to maximum and add the chicken pieces (or carrots and baby corn for the vegetarian option). Leave for a minute or two before stirring as this will allow the meat to golden on once side. Stir the meat in the wok for another 2 minutes.
4. Once the meat looks more golden, add in the sweetheart cabbage and mix around. At this point, you can add in half the water and soya sauce. Mix around and if you can cover the wok, cover for a minute so that the vegetables soften.
5. Next add in the udon and the remainder of soya sauce, water and sugar and mix around. If turn the heat down and mix around so that the udon is mixed well into the other ingredients.
6. Have a taste of the flavouring and adjust accordingly (e.g. more soya sauce/sugar or water).
7. Check the chicken has cooked through by trying to half one in the wok with your cooking spoon, if you are able to half the chicken with your cooking spoon, then the meat has cooked through.
8. Turn off the heat and then serve.