



List of Supplies Needed

Stir Fried Japanese Noodles Recipe

General

- Recipe

Find detailed lesson plans, printable recipes & more at:

foodliteracycenter.org/recipes

Cooking

- Cutting mat/board
- Plastic/butter knife
- Measuring spoons
- Sauté pan
- Wooden Spoon
- Chopsticks
- Serving bowl
- Small sauce dish

Food & Produce

- Olive oil
- Garlic
- Carrot
- Onion
- Sesame oil
- Udon noodles
- Greens (bok choy or choi sum)
- Soy Sauce
- Fish Sauce
- Egg
- Thai bird's eye chilies (optional)

