

# Stir Fried Japanese Noodles

## Recipe

Yield: 2 cups

## Ingredients

1/2 Tablespoon olive oil  
4 cloves garlic, roughly chopped  
1 small carrot, thinly sliced  
1/4 onion, thinly sliced  
1 teaspoon sesame oil  
1 packet 7 oz udon noodles (thick rice noodles)  
1 teaspoon soy sauce, or to taste  
1/2 teaspoon fish sauce, or to taste  
2 bunches greens (bok choy or choi sum),  
individual leaves separated

1 egg, beaten  
2 Thai bird's eye chilies,  
sliced finely (optional)  
1 Tablespoon soy sauce (optional)



## Instructions for Adults

Assist with supervision of safe knife skills and stovetop.

## Instructions for Kids

- In a sauté pan, stir fry the garlic in olive oil over medium heat. After a minute, add the carrot and onion slices. Stir fry for another 2-3 minutes until the carrots have softened.
- Add the sesame oil and the udon noodles. Use chopsticks to loosen up the udon in the pan. Stir fry for another 3 minutes until the udon noodles have softened. Add soy sauce and fish sauce to the mixture.
- Add the greens and stir fry for about 2-3 minutes until vegetables are cooked but still green and crunchy.
- Remove the noodles and vegetables and place in a bowl. In the same pan, add the beaten egg. When it's almost cooked, toss in the noodles and vegetables. Break apart the egg and toss everything together.
- Optional: Place sliced Thai bird's eye chilies in a small sauce dish. Add a tablespoon of soy sauce. Dip the noodles and vegetables in the spicy soy sauce to add a kick to your dish!

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