

## Yakisoba & Vegetable Stir Fry Noodles



### Sirve:

4 - 6 servings

### Pieza:

Saladmaster Food Processor  
7 Qt./6.6 L Wok with Cover  
medium mixing bowl

**Valora:** ★★★★★

### Contribuido por:

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### Descripción de la Receta:

Yakisoba noodles are a popular Japanese street food, tossed with a sweet and tart (sometimes spicy) sauce. Add in leftover bits of roasted chicken, tempeh, minced steak, cooked bacon or shrimp for more flavor and added protein.

14 ounces  
Yakisoba noodles  
(397  
g)  
1 teaspoon  
toasted sesame oil  
(5  
ml)  
1 cup  
onions, strung, use Cone #2  
(115  
g)  
1 tablespoon  
ginger, shredded, use Cone #1  
(6  
g)  
4 cups  
cabbage, sliced, use Cone #4  
(280  
g)  
16 ounces  
Chinese-style stir fry blend frozen vegetables  
(454  
g)  
2 cloves garlic, shredded, use Cone #1  
2 tablespoons  
ketchup  
(34  
g)

2 tablespoons  
naturally fermented soy sauce  
(30  
ml)  
2 tablespoons  
water  
(30  
ml)  
1/3 cup  
Worcestershire sauce  
(80  
ml)  
1 pinch  
crushed red pepper, or a few dashes of hot sauce (optional)

### Preparación :

1. Follow package directions on noodles to heat and separate them.
2. Place noodles in a bowl and toss with sesame oil.
3. Preheat wok over medium heat. When several drops of water sprinkled in wok skitter and dissipate, add onions and ginger. Stir fry for 2 - 3 minutes until softened.
4. Add cabbage, toss to combine and continue to stir fry for 3 - 4 minutes until softened.
5. Add frozen vegetables, toss to combine and stir fry for 2 - 3 minutes.
6. Add prepared yakisoba noodles, toss to combine and stir fry for 2 - 3 minutes.
7. In a small bowl, combine garlic, ketchup, soy sauce, water, Worcestershire sauce and crushed red pepper. Stir thoroughly to combine and pour over noodles and vegetables. Cover.
8. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook for 3 - 4 minutes until vegetables are cooked.
9. Serve as is or garnish with chopped scallions and pickled red ginger.

### Consejos:

- Add in additional vegetables: carrots, edamame or other leftover vegetables.
- Yakisoba noodles often come with sauce packages which can be full of msg, high in sugar and salt content and artificial preservatives. Skip the packaged sauce mix and create your own sauce with pantry staples.

### Información nutricional por ración

Calorías: 227  
Grasa Total: 3g  
Grasa 0g  
Saturada:  
Colesterol: 0mg  
Sodio: 899mg  
Carbohidratos: 46g  
Fibra 5g  
Dietética:  
Azúcar: 8g  
Proteína: 7g