

Fried Wheat Noodle

そーめんちゃんぷる

● Ingredients (servings 2)

2 bunches (6.2 oz) Japanese Wheat Noodle

½ lb. Ground Chicken

½ large Onion

1 Carrot

¾ tsp. Salt (total)

½ tsp. Black Pepper (total)

3 Tbsp. Vegetable Oil (total)

1 Tbsp. Soy Sauce

1 tsp. Sesame Oil

● Boil the Noodle



Break the noodles in half before boiling to prevent them from getting entangled. This makes it easy to eat and helps the final presentation look its best.

This is the dried Somen Noodles (Japanese wheat noodle) I used. You can get at many grocery stores in the US.



In a sauce pan, boil enough water to boil the noodles.

Break 2 bunches of dried Somen noodles in half length and add to the pan. Boil for 1 minute, which is half the time listed in the directions on the package.

● Prepare the Noodle



After 1 minute, drain the noodles.



Rinse the drained noodles with cold water immediately to remove the sticky starch.



Drain the noodles well, add 2 Tbsp. of vegetable oil and toss to coat the noodle with the oil.

- Prepare filling



Slice half of a peeled large onion and chop a peeled carrot.

In a skillet, heat 1 Tbsp. of vegetable oil and cook $\frac{1}{2}$ lb. of ground chicken over medium-high heat.

When the chicken turns brown, add the sliced onion and the chopped carrot.



Season with $\frac{1}{4}$ tsp. of salt and $\frac{1}{8}$ tsp. of black pepper and cook over medium-high heat for 5 minutes until the vegetables are tender.

● Add the Noodle



Add the oil coated noodles to the skillet and season with $\frac{1}{2}$ tsp. of salt, $\frac{1}{4}$ tsp. of black pepper, 1 Tbsp. of soy sauce and 1 tsp. of sesame oil.



Mix the noodles, the filling, and the seasoning immediately.

As soon as you are finished mixing, place on a plate. Sprinkle some chopped green onion to taste.

