



## **Stir-Fried Vegetables with Udon Noodles**

3 Tbsp. vegetable or canola oil  
½ lb. boneless skinless chicken breasts, thinly sliced  
2 ½ cups chopped Napa cabbage  
1 small onion  
1 or 2 carrots thinly sliced on the bias  
4 oz. assorted mushrooms (shitake, enoki, oyster)  
¼ cup dried wood ear mushrooms soaked in warm water for 10 minutes  
and drained  
½ cup chicken stock  
3 Tbsp. soy sauce  
1 tsp. Asian sesame oil  
Pre-cooked and drained Udon noodles  
Kosher salt and pepper  
Chopped Scallions for garnish

Cook Udon Noodles in a pot of boiling salted water. Drain and set aside.  
In a skillet, heat 1 Tbsp. of vegetable oil. Add chicken and stir-fry over moderately high heat until cooked about 3 minutes, transfer to a plate. Add 1 Tbsp. oil to the skillet add cabbage, onion, carrot and mushrooms, stir-fry for 4 minutes. Add the stock, soy-sauce, sesame oil and chicken. Add the noodles and toss until heated through. Season with salt and pepper garnish with scallions and serve.

Note: This is also delicious with Shrimp