Chicken Cabbage Egg Noodles

Four cabbage-and-chicken noodle bowls · Active 30 min · Total 55 min

Skills: Wilting a large cabbage volume before combining it with separately cooked noodles

Ingredients

- 9 oz dry wide egg noodles (250 g)
- About 10 cups water for noodles (2.5 L), or package-specified amount
- 2 tablespoons neutral oil (30 ml)
- 1 small onion, thinly sliced (100 g)
- 1/2 medium cabbage, cored and thinly sliced (500 g trimmed weight)
- Canned cooked chicken, drained (7 oz/200 g)
- 2 tablespoons reduced-sodium soy sauce (30 ml)
- 1/4 cup water for skillet (60 ml), plus up to 1/4 cup/60 ml more if needed
- 1/2 teaspoon ground ginger (1 g)
- 1/4 teaspoon black pepper (0.5 g)

Set out

Large pasta saucepan and strainer, Deep wide skillet, at least 12 inches/30 cm and 4 qt/4 L, Tongs or two broad spoons, Food thermometer

Allergens

wheat, egg, soy. Check labels and substitutions.

Make it

1. Bring noodle water to a boil and cook egg noodles according to their package until tender. Drain well.

2. Meanwhile heat oil in the skillet over medium-high heat. Cook onion for 4–5 minutes. Add half the cabbage and stir for 3 minutes to wilt, then add remaining cabbage. Cook for 6–8 minutes, turning often, until tender with a few golden edges.

3. Add drained chicken, soy sauce, the separate 60 ml skillet water, ginger and pepper. Fold gently and heat for 3–4 minutes until the chicken mixture reaches 165°F/74°C.

4. Add drained noodles and toss over medium heat for 1–2 minutes. If too dry to turn, add extra water 1 tablespoon/15 ml at a time, up to 60 ml. Divide the entire pan among four bowls.

Four modest chicken shares

The whole pan uses 200 g drained chicken, shared evenly. Drain it well and fold it in late so this modest amount remains in recognizable pieces.

Ingredient labels

Egg noodles contain wheat and egg; soy sauce contains soy and usually wheat. Check chicken and sauce labels for added ingredients.

A useful detail

Noodle boiling and cabbage cooking overlap. A smaller skillet needs two vegetable batches and additional elapsed time; do not compress a crowded raw pile under a lid.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. Reheat a portion to 165°F/74°C throughout. Freeze promptly cooled portions for up to 1 month; thaw in the refrigerator. Noodles soften on storage, so loosen them gently rather than repeatedly stirring the cold block.