Chicken, Cabbage and Miso Noodle Skillet

2 noodle bowls · Active 20 min · Total 30 min

Skills: Easy

Ingredients

- 5 oz dried medium egg noodles (140 g)
- 8 oz boneless skinless chicken breast, cut into thin bite-size strips (225 g)
- 2 teaspoons neutral oil (10 ml)
- 3 cups finely shredded green cabbage (225 g)
- 1 medium carrot, cut into thin matchsticks (80 g)
- 2 teaspoons grated fresh ginger
- 1 tablespoon white miso (18 g)
- 1 tablespoon smooth peanut butter (16 g)
- 1 tablespoon reduced-sodium soy sauce (15 ml)
- 2 teaspoons rice vinegar (10 ml)
- 1/3 cup warm water (80 ml)
- 2 scallions, thinly sliced

Set out

Medium saucepan, 12-inch skillet, Whisk and small bowl, Colander, Instant-read thermometer

Allergens

Wheat, Egg, Soy, Peanuts. Check labels and substitutions.

Make it

1. Cook the noodles in the saucepan according to the package timing. Drain, reserving 1/4 cup cooking water.

2. Whisk the miso, peanut butter and warm water until smooth. Whisk in soy sauce and rice vinegar.

3. Heat the oil in the skillet over medium-high. Add the chicken in a single layer and cook for 3 minutes. Turn and cook for 2 minutes.

4. Add the cabbage, carrot and ginger. Stir-fry for 3–4 minutes, until the cabbage softens but still has a little bite.

5. Add the sauce and noodles; toss over medium heat for 2–3 minutes. If the coating is too thick, add reserved cooking water one tablespoon at a time. Check several thick chicken pieces reach 165°F/74°C.

6. Scatter over the scallions and divide between two bowls.

A reheatable break meal

This is a useful cooked-ahead bowl when a microwave is available at work. Pack only a cold, promptly refrigerated portion, carry it with two cold sources in an insulated bag and refrigerate on arrival.

A useful detail

Use plain egg noodles rather than instant noodles with a seasoning packet. Their stated cooking time controls the first step.

Keep it well

Cool leftovers in a shallow container and refrigerate within 2 hours, or 1 hour above 90°F/32°C. Keep at 40°F/4°C or below for up to 3 days. Reheat to 165°F/74°C with a tablespoon of water, stirring so the center becomes hot.