Chicken and Vegetable Crisp-Pan Noodles

2 crisp noodle cakes cut into halves, with chicken-vegetable gravy; 1 half-cake and one-quarter of the gravy per serving · Active 30 min · Total 40 min

Skills: Moderate

Ingredients

• About 3 cups plain cooked wheat noodles, promptly chilled and well drained (400 g)

• 2 large eggs (100 g without shells), beaten

• 2 tablespoons neutral oil (30 ml), divided for the noodle cakes

• 1 teaspoon neutral oil (5 ml), for the gravy

• 1 medium carrot (100 g), cut into thin matchsticks

• 2 cups finely shredded cabbage (150 g)

• 1 tablespoon all-purpose flour (8 g)

• 1 1/4 cups chicken stock (300 ml)

• 7 oz cooked skinless chicken, promptly chilled (200 g), torn into bite-size pieces

• 2 teaspoons reduced-sodium soy sauce (10 ml)

• 1/4 teaspoon black pepper (0.5 g)

Set out

8-inch/20 cm nonstick skillet, Medium saucepan, Wide heatproof plate, Mixing bowl, Spatula, Food thermometer, Oven mitts

Allergens

Egg, Soy, Wheat. Check labels and substitutions.

Ingredient labels

Check noodle, soy sauce and stock labels; some stock also contains celery or milk.

Make it

1. Break up and drain the cold noodles, then mix with the beaten eggs. Heat 1 tablespoon/15 ml oil in the skillet over medium heat. Spread in half the noodles as an even cake about 1/2 inch/1 cm thick. Cook without stirring for 6–7 minutes until the underside releases and is golden.

2. Slide the cake onto the heatproof plate. Away from the heat, invert the skillet over the plate and carefully turn them together, using mitts, so the uncooked side lands in the pan. Return to medium heat for 5–6 minutes, until crisp and 165°F/74°C in the thickest part. Move to a warm plate. Repeat with remaining noodle mixture and 15 ml oil.

3. While the cakes cook, heat the gravy oil in the saucepan over medium heat. Cook carrot and cabbage for 5 minutes, stirring. Add flour and stir for 1 minute, then gradually add stock. Simmer for 5 minutes until the vegetables are tender and the gravy thickens.

4. Add cooked chicken, soy sauce and pepper to the gravy. Simmer for 4–5 minutes, stirring, until the chicken and sauce reach 165°F/74°C. Add a tablespoon of water only if needed to keep the gravy spoonable.

5. Cut each noodle cake in half. Serve one half-cake with one-quarter of the hot chicken-vegetable gravy.

A small portion of chicken does a clear job

The chicken is part of a substantial gravy, not a garnish scattered over plain noodles. Tear it into modest pieces so it is distributed evenly, and divide the entire gravy between the four servings.

A useful detail

The 40-minute total starts with plain cooked, chilled noodles and cooked chicken. Sauced noodles contain different amounts of liquid and seasoning and are not interchangeable here. Initial noodle and chicken cooking are not included.

Keep it well

Use noodles and chicken that were cooled promptly, kept at 40°F/4°C or below and cooked no more than 2 days earlier. This recipe reheats them to 165°F/74°C. Eat the cakes and gravy promptly and do not plan another cool-and-reheat cycle; scale the batch down if needed. Their original storage clocks remain in effect.