Chiken Udon Stirfry

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1/2 green pepper
- 1/2 red pepper
- 1 cloves of garlic
- 1 small piece of ginger (to taste)
- 2 scallions
- 1/2 head of broccoli
- .1 kg of chicken, sliced thin
- 1 packages of pre-cooked udon
- corn oil/vegatable oil (enough to have half an inch of oil in the pan)
- salt
- pepper

Sauce:

- Rice Vinegar
- Soy Sauce
- Sugar (3 1/2 tbsp)

Instructions

Prep:

1. Slice peppers and broccoli length-wise and set aside.

2. Cut the scallions horizontally and set aside.
3. Mince the ginger and garlic.
4. Slice the chicken lengthwise into thin strips. Add salt and pepper to taste.

Sauce Prep:

1. In a 2/1 ratio mix Rice Vinegar to Soy Sauce.
2. Add 3 1/2 tablespoons of sugar. Mix.
3. Adjust to taste.

Cooking:

1. Heat the pan to medium high and add oil to the pan.
2. When the oil is heated, add ginger, garlic and scallions to the pan. Stir to ensure even cooking.

3. Add chicken to pan. Continue to turn to prevent sticking to the pan.
4. After Chicken is almost cooked through, add Broccoli and Peppers.
5. After peppers have cooked to the point of bending , add Udon and stir.
6. After The Udon has softened, add sauce.
7. Mix sauce with the stirfry and let cook for 5 minutes.
8. Turn off heat and let rest for 5 minutes prior to serving.