

Yakisoba

Time: 45 minutes

Servings: Four

Level: Medium

Ingredients:

- o 1 package Yakisoba Noodles (fresh or dried, use only 2/3 package)
- o 1 tablespoon olive oil
- o ½ yellow onion, cut into thin slices
- o 1 cup shiitake mushrooms, sliced
- o 3 scallions, sliced
- o 4 cabbage leaves, sliced
- o 1 tablespoon olive oil
- o Salt and pepper

Yakisoba Sauce

- o 1 ½ cups water
- o 4 prunes
- o 1 tablespoon tomato paste
- o ¼ teaspoon onion powder
- o ¼ teaspoon garlic powder
- o 3 tablespoons soy sauce or tamari
- o 2 tablespoons honey
- o 1 teaspoon arrowroot powder (use cornstarch as a substitute)

Directions:

- 1) Remove two packs of **yakisoba noodles** and place in a colander. Run warm water over them for 4-5 minutes and let them loosen up. Set aside. (Make sure to let the water run for a bit or the noodles might break.)
- 2) Make the sauce by placing 1 ½ cups **water**, **prunes**, **tomato paste**, **onion powder**, and **garlic powder** in a saucepan. Bring to a boil and then lower to a simmer for 20 minutes. Remove from heat and let cool.
- 3) Place sauce into a blender then add **soy sauce**, **honey** and **arrowroot** and blend through until smooth. Set aside.
- 4) Heat a skillet or wok to medium and add **olive oil**.
- 5) Add **onions** and cook for 2 minutes.
- 6) Add **mushrooms**, **scallions**, and **cabbage** and cook for about 3-5 minutes. Season with ¼ teaspoon **salt** and a pinch of **black pepper**. Remove vegetables from wok and wipe down pan.
- 7) Heat the wok again to medium and add oil. Immediately add the **noodles** and toss with tongs.
- 8) Add half of the **yakisoba sauce**. (Add more sauce if necessary or freeze the other half for later!)
- 9) Add the vegetables back into the wok and toss until well coated.