

GF Yakisoba

9 ingredients · 30 minutes · 8 servings



Directions

1. Cook pasta "al dente" according to package directions, drain and set aside.
2. Slice chicken and saute on medium high in sections in 2 Tbsp avocado oil (seasoning with salt and pepper as you go) until cooked through.
3. While chicken cooks slice vegetables to roughly the same size (bonus points for diagonal) and steam broccoli for 2-3 minutes (you can skip the steaming it just provides for a better texture).
4. Set chicken aside and pour 1/4 cup teriyaki sauce over it. In the same pan add 2 more Tbsp avocado oil and saute onions (2-3 minutes), then add carrots (2-3 minutes), then add celery (2-3 minutes), then add garlic, 1/4 cup teriyaki sauce and broccoli. Saute for an addition 2-3 minutes until garlic is aromatic and flavors are melded. ***Every time you add a veggie add a TINY bit of salt to enhance the natural flavor of the food. Omit this step if salt sensitive hypertension is a concern.
5. Remove from pan and add noodles and 1/4 cup teriyaki sauce to pan and saute until sauce is mostly soaked in.
6. Finally add chicken, vegetable mix and the remaining 1/4 cup teriyaki sauce (taste it first to make sure it's the right flavor for you) to the noodles and enjoy!

Ingredients

- 8 ozs** Buckwheat Soba Noodles (Can also use GF spaghetti noodles but this increase carb ratio)
- 4 stalks** Celery (sliced diagonally)
- 3** Carrot (sliced diagonally)
- 1** Yellow Onion (sliced)
- 5 cloves** Garlic (minced)
- 2 cups** Broccoli (lightly steamed, small pieces)
- 1 cup** Gf Teriyaki Sauce
- 1 1/2 lbs** Chicken Breast (3-4 breast depending on the size)
- 1/4 cup** Avocado Oil

Nutrition

Amount per serving

Calories	371	Cholesterol	33mg
Fat	12g	Sodium	1132mg
Carbs	40g	Vitamin A	5255IU
Fiber	3g	Vitamin C	29mg
Sugar	10g	Calcium	50mg
Protein	19g	Iron	1mg