

Yakisoba with Sushi Age



Makes: ~3 servings

INGREDIENTS

Sauce

- **4 tbsp. vegan Worcestershire sauce (see Notes)
- **4 tsp. vegetarian oyster sauce (see Notes)
- 4 tsp. ketchup
- 2 tsp. tamari
- 2 tsp. vegan fish sauce
- 1½ tsp. cooking wine
- 1 tsp. raw cane sugar
- **½ tsp. organic minced ginger (see Notes)

Main Ingredients

- 1 tbsp. grapeseed oil
- 3 garlic cloves (sliced)
- 75 gm red onion (sliced)
- 208 gm Brussel sprouts (finely sliced)
- 85 gm carrot (julienned)
- 1 red chili pepper (julienned)
- **2 pieces Tokusen sushi age (see Notes)
- **17 oz. fresh yakisoba / wheat noodles (discard flavor packets; see Notes)
- salt to taste
- black pepper to taste
- ½ tsp. sesame oil

Garnish

- 1 scallion (sliced)
- aonori (opt.)
- pickled red ginger (opt.)



Preparing the Sauce

1. Whisk all sauce ingredients together until well combined. Set aside.

Preparing the Sushi age

1. In a small pot, lightly boil the sushi age for a few minutes to remove excess oil.
2. Drain the boiled sushi age.
3. Squeeze out excess water from the sushi age.
4. Slice the sushi age. Set aside.

Preparing the Noodles

1. In a medium pot, boil 4 cups of water.
2. Turn off heat once the water is boiled.
3. Add the wheat noodles to the boiled water.
4. Quickly separate the noodles.
5. Drain the noodles and set aside.

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- ½ tsp. sesame oil

Garnish

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- aonori (opt.)
- pickled red ginger (opt.)

Stir Frying the Noodles

1. In a large skillet on medium low heat, add the oil. Once the oil heats up, add the garlic slices. Sauté until a fragrant but not brown.
2. Increase the heat to medium. Add the onion, Brussel sprouts, carrot, chili pepper and a pinch of salt. Sauté until just cook through. Vegetables should still remain a little firm.
3. Next, add the sushi age, noodles and sauce. Stir fry and toss together until well combined.
4. Season with salt and pepper to taste.
5. Finally, add the sesame oil and give the yakisoba a light toss.
6. Garnish with scallions, aonori and/or pickled red ginger.

NOTES

- I used vegan Worcestershire sauce from Annie's Homegrown, vegetarian oyster sauce from Lee Kum Kee, organic minced ginger from The Ginger People and Tokusen sushi age from House Foods America.
- The fresh wheat noodles come in 3 in a pack weighing about 17 oz.
 - ✓ <https://www.worldmarket.com/product/shirakiku+fresh+chow+mein+noodles%2C+3-pack.do>
 - ✓ https://www.instacart.com/landing?product_id=273249&retailer_id=484®ion_id=7008941857&mrid=150709103