

Chicken Udon Stir Fry

PREP TIME	15 minutes
COOK TIME	15 minutes
TOTAL TIME	30 minutes
SERVINGS	4 servings
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5 from 42 votes

Fresh veggies, juicy chicken, & udon noodles are tossed in a sweet & spicy sauce for a quick and easy Asian-inspired meal!

Ingredients

- 2 packages udon noodles 7 oz each
- 4 chicken thighs boneless, cut into bite-sized pieces
- 1 teaspoon vegetable oil more as needed
- ½ onion sliced
- 4 oz mushrooms sliced
- 1 red bell pepper sliced
- 1 cup snap peas
- sesame seeds and thinly sliced green onion for garnish optional

Sauce

- ¼ cup soy sauce
- ¼ cup water
- 2 tablespoons brown sugar
- 2 teaspoons rice wine vinegar
- ½ tablespoon cornstarch
- 1 teaspoon sesame oil
- ½ teaspoon sriracha
- ½ teaspoon fresh ginger optional

Instructions

1. Combine all sauce ingredients in a small bowl and set aside.
2. Cook udon noodles according to package directions, drain well, and set aside.
3. While noodles are cooking heat oil in a large pan over medium-high heat. Season chicken with salt and pepper to taste and add to the pan. Cook stirring occasionally until browned and no pink remains, about 5 minutes. Remove the chicken from the pan and set aside in a bowl.
4. Add the onions to the pan adding more oil if needed. Cook 2 minutes. Add remaining vegetables. Cook, stirring occasionally, just until tender-crisp, about 5 minutes.
5. Whisk the sauce (the cornstarch can settle to the bottom) and add to the vegetables. Bring to a simmer and let cook for about 1 minute.
6. Add the noodles and chicken with any juices to the pan and toss to combine with the sauce. Cook until heated through.
7. Garnish with sesame seeds and green onions if desired.

Notes

- Stirfries are fast to cook so make sure all ingredients are measured and prepped before

starting.

- Cook the chicken just until cooked through, it will continue to cook a bit as it rests while the veggies cook.
- When adding the chicken back to the stir fry, include the juices for great flavor.
- Thickening the sauce with cornstarch helps to coat the noodles, vegetables, and chicken.
- If you don't have the ingredients for a homemade sauce, you can use a premade stir fry sauce or even teriyaki sauce.

Nutrition Information

Serving: 0.25recipe, Calories: 376, Carbohydrates: 46g, Protein: 32g, Fat: 7g, Saturated Fat: 1g, Polyunsaturated Fat: 2g, Monounsaturated Fat: 2g, Trans Fat: 1g, Cholesterol: 107mg, Sodium: 1525mg, Potassium: 501mg, Fiber: 4g, Sugar: 13g, Vitamin A: 1093IU, Vitamin C: 47mg, Calcium: 30mg, Iron: 2mg

(Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.)

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