

dish | **vg mini yasai yaki soba**

- |   |               |
|---|---------------|
| 1. cooked rice noodles <b>or</b><br>cooked udon noodles | 100gm         |
| 2. fried tofu   | 40gm          |
| 3. red pepper - sliced                                  | 10gm          |
| 4. mangetout - julienne                                 | 10gm          |
| 5. sweetcorn  | 20gm          |
| 6. amai sauce   | dessert spoon |
| 7. vegetable oil  | 5ml           |

served in  
a large brown bowl

steps | method | cooking

1. place ingredients (2-5) into a prep bag
2. before cooking, add rice noodles/udon noodles into the prep bag
3. oil a hot teppan (200°C) tip contents of prep bag onto the teppan
4. toss ingredients quickly making sure all ingredients heat well
5. add amai sauce and toss again quickly making sure that the sauce does not stick to the teppan, do not overcook and dry up the dish
6. place neatly in a large brown bowl and serve immediately

practical tips

- be extra careful to ensure ingredients don't stray into other dishes
- do not overcook



dish | grilled chicken noodle

- |                        |       |
|------------------------|-------|
| 1. cooked soba noodles | 100gm |
| 2. chicken breast      | 1 pc  |
| 3. sweetcorn           | 30gm  |
| 4. cucumber - julienne | 20gm  |
| 5. carrot - julienne   | 15gm  |
| 6. amai sauce          | 15ml  |
| 7. vegetable oil       | 5ml   |

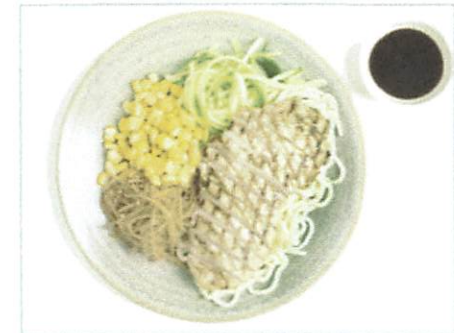
served on  
a kids plate

steps | method | cooking

1. slice the chicken into slices
2. dip noodles into noodle boiler for 2 seconds, shake off all water and place onto one side of a plate
3. arrange carrot, cucumber and sweetcorn (**as per pic**)
4. place sliced chicken breast on top of noodles
5. place amai sauce into a pickle dish and place (**as per pic**)

practical tips

- be sure that the noodles are fully drained
- the vegetables should be crisp and fresh



dish | mini cha han

- |                         |               |
|-------------------------|---------------|
| 1. cooked yaki chicken  | 40gm          |
| 2. mangetout - julienne | 10gm          |
| 3. sweetcorn            | 20gm          |
| 4. carrot - julienne    | 10gm          |
| 5. egg                  | 30ml          |
| 6. cooked thai rice     | 1 miso lid    |
| 7. amai sauce           | dessert spoon |
| 8. vegetable oil        | 5ml           |

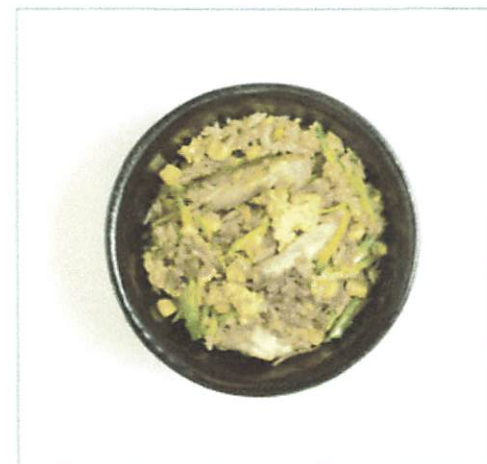
served in  
a large brown bowl

steps | method | cooking

1. place ingredients (1-4) into prep bag
2. heat wok or teppan, add oil and the prep bag and stir fry
3. add egg first, then rice, stir fry to mix egg and ingredients thoroughly for 1min
4. add amai sauce and mix thoroughly
5. place in a large brown bowl and serve immediately

practical tips

- do not overcook
- use right sauce



## amai sauce

- 3 tbs sugar
- pinch of salt
- 2 tbs ketchup
- 2 tbs tamarin paste (or use a little bit of lime juice with some vinegar)
- 1 tbs light soy
- 1 tbs dark soy

## yaki chicken

- chicken thigh meat chopped and pan fried with ginger, garlic and light soy sauce