

Let's cook!

Cold Japanese noodle salad - HIYASHI CHŪKA



Cooking time: 45-60 minutes

Ingredients <Main> (for 2 persons)

Rice noodle	125g
Chicken tenderloin	100g
Egg	2
Cucumber	1/3~1/4 of a large cucumber
Tomato	1/2
Edamame	Two handfuls



Ingredients <Sauce>

Soy sauce	45cc
Apple vinegar	45cc
Sugar	30g
Sesame oil	15g
Water	60cc



Step 1: Prepare sauce

Prepare the sauce by mixing all ingredients. Then put it in the fridge to cool it.



Step 2: Defrost edamame

Tip: Soak edamame in water to quicken the defrosting process.



Step 3: Cut vegetables

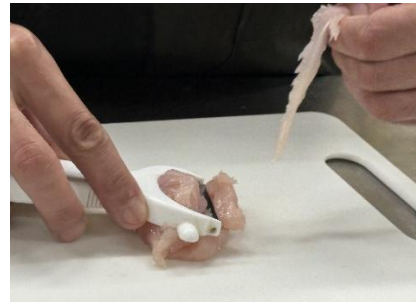
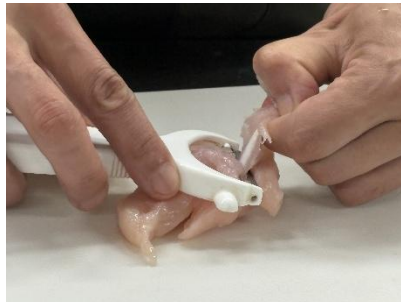
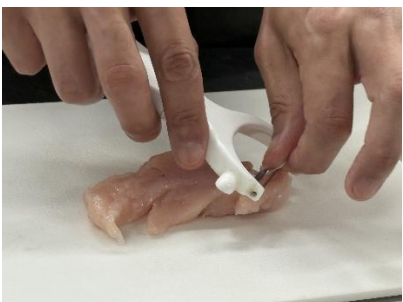
Cut cucumber in long strips and tomato in wedges.



Step 4: Prepare chicken

Step 4-1: Take out tendon from chicken tenderloin

Tip: If the tendon is slippery, hold it with paper towel. If you do not have a peeler, use a fork to hold down the chicken.



Step 4-2: Boil and shred the chicken

Put tenderloin in boiling water, turn off the heat, and let it sit there for 10-15 min. Leaving it longer will make tenderloin tough and dry. Once it's cooked, remove from water, take off excess water with paper towel and shred into bite-sized pieces.

Tip: Add salt, sugar and cooking sake (10-15cc if you have) into the water before boiling. Salt increases the boiling point, sugar tenderizes the meat, and cooking sake removes odor.



Step 5: Prepare thin omelette

Beat the egg, pour it on pan and remove the excess egg in a smaller dish so that the omelette turns out thin and cook it from both sides on low heat. From the excess egg cook as many thin omelettes as possible. After it's cooked put on cooking paper to cool it down. When it's cooled down, cut into 2-3mm width strips.

Tip: Strain the beaten eggs through a fine-mesh strainer to remove any excess clumps of egg white or air bubbles, which makes the omelette smoother when cooking. Slide something thin between the egg and the pan so the egg can be removed more easily, then peel it away using fingers. **Be careful not to touch the hot pan!!!**





Step 6: Cook rice noodles

Follow the instructions on the packaging. After the rice noodles are done, rinse with water, and cool them down in ice water. It speeds up the cooling process and hardens them.



Step 7: Arrange dish

Arrange the ingredients in a slightly shallow plate. First put rice noodles. Then arrange thinly sliced cucumber, thin omelette strips, tomato wedges, shredded chicken tenderloin and edamame on top. Pour the sauce over it. You can customize the dish with mayonnaise, chili, etc.



Enjoy! いただきます！