

Chris and Linda's Noodle Dish

¼ tsp Asian 5 spice
1 cup chicken or veg. stock
2 pkgs udon noodles
3 large leaves napa cabbage, shredded
gai-lan (Oriental broccoli) or other dark green leafy veg.
2 T sesame seed oil

[optional]

1 T corn starch
1 T soy sauce
1 pork cutlet or chicken breast chopped into 1/4" strips about 2" long

Boil water for noodles in pot. Drain when finished. Set aside.

Add Asian spice to stock and simmer in a small pot.

[optional] Mix meat with corn starch, soy sauce and 1 T of the sesame seed oil. Stir fry until meat is done. Remove from pan.

In wok, add in 1 T of sesame seed oil. Stir fry cabbage. When cabbage is soft, add in half the stock/spice mix. Then add in gai-lan or other vegetables. Mix in noodles and rest of stock mix. If applicable, add in meat.

Serve.