**Chicken Teriyaki Udon**

- Yield - 4



**Ingredients:**

**Sauce:**

35 ml brown sugar- packed

8 ml sesame oil

35 ml rice vinegar

8 ml cornstarch

35 ml water

1 clove minced garlic

35 ml soy sauce

5 ml minced ginger root

**Chicken-Vegetable mixture:**

2 chicken breasts -- skinless, boneless and cubed

25 ml cornstarch

125 ml red peppers - sliced thin

125 ml yellow peppers - sliced thin

5 ml sesame seeds

35 ml fresh coriander or parsley - chopped (for garnish)

**Method:**

1. Make the sauce, in a bowl, whisk together all the sauce ingredients until smooth. Set aside.
2. Dust the cubed chicken with cornstarch. In a wok or large non-stick skillet, add 15ml of oil, cook the chicken 3 minutes over medium high heat or until browned.
3. Add the peppers, sesame seeds and cook 3 minutes more until the chicken is cooked through and the vegetables are tender and crisp.
4. Add the sauce and cook 2 minutes or until thickened and bubbly.
5. Serve over the udon noodles. Garnish with chopped coriander or parsley.

**Udon Noodles**

1. Bring a pot of water to a boil. Add 5 ml of oil.
2. Add udon noodles once water is boiling. Cook for 2 minutes.
3. Strain noodles and plate.