

High-Protein Chicken & Shrimp Yakisoba

高たんぱくチキンと海老の焼きそば

Serves 2



Ingredients

Protein

- 150 g boneless, skinless chicken thighs, cut into bite-sized pieces 鶏もも肉
- 100 g shrimp, peeled and deveined えび
- 2 large eggs 卵

Noodles

- 300 g presteamed yakisoba noodles 焼きそば麺

Vegetables

- 80 g onion, thinly sliced 玉ねぎ
 - 80 g carrot, cut into thin matchsticks にんじん
 - 120 g red bell pepper, thinly sliced 赤パプリカ
 - 150 g cabbage, shredded キャベツ
 - 100 g shimeji mushrooms, separated しめじ
- or
- 100 g shiitake mushrooms, sliced しいたけ
 - 60 g spinach leaves, roughly chopped ほうれん草
 - 40 g scallions, thinly sliced 青ねぎ

Yakisoba Sauce

- 1 T / 18 g oyster sauce オイスターソース
- 1 T / 15 g low-sodium soy sauce 減塩しょうゆ
- 1 T / 15 g Big Tree Coco Aminos Marinade & Sauce ココアミノ
- 1 T / 15 g Worcestershire sauce ウスターソース
- 1 tsp / 5 g ketchup ケチャップ
- 1 tsp / 7 g honey はちみつ
- 1 tsp / 5 g rice vinegar 米酢
- 1 tsp / 5 g fresh ginger, grated しょうが
- ¼ tsp black pepper 黒こしょう

For Cooking

- 1½ T / 22 g canola oil キャノーラ油

Instructions

1. Combine the **oyster sauce, soy sauce, coco aminos, Worcestershire sauce, ketchup, honey, rice vinegar, grated ginger, and black pepper** in a small bowl. Stir until smooth and set aside.
2. Place the **yakisoba noodles** in a colander and rinse briefly under room-temperature water. Gently separate the strands and drain well.
3. Heat **1 T of the canola oil** in a large skillet or wok over **medium-high heat**.

Add the **chicken** and cook until lightly browned and nearly cooked through, about **4–5 minutes**.

4. Add the **shrimp** and cook until just opaque, about **2 minutes**. Transfer both to a plate.
5. Add the remaining $\frac{1}{2}$ T **canola oil** to the skillet. Add the **noodles** and spread into an even layer. Cook undisturbed for **2–3 minutes** until lightly browned in spots. Turn and repeat on the other side.
6. Add the **onion, carrot, bell pepper, cabbage**, and **mushrooms**. Cook, stirring occasionally, until beginning to soften, about **4–5 minutes**.
7. Stir in the **spinach** and cook until wilted, about 1 minute.
8. Return the **chicken** and **shrimp** to the skillet.
9. Pour the **sauce** over the mixture and toss until evenly coated.
10. Create a space in the center. Push the noodles and vegetables toward the edges of the pan.
11. Crack the **eggs** into the center and scramble gently until just set.
12. Mix the eggs into the noodles and stir in $\frac{3}{4}$ of the **scallions**. Cook for another minute until everything is hot and evenly combined.
13. Plate and garnish. Divide between two bowls or plates and garnish with the remaining **scallions**.

Suggested Side Dishes

- Japanese Cucumber Salad きゅうりサラダ
- Chilled Tomato Salad トマトサラダ
- Edamame 枝豆
- Miso Soup with Wakame わかめの味噌汁

Nutrition

Per Serving

Kcal total: 590 | Protein: 43 g | Fat: 19 g | Sat Fat: 4 g | Carbs: 55 g | Sugars: 7 g | Fiber: 6 g | Sodium: 760 mg | Omega-3: 0.3 g

Entire Dish

Kcal total: 1,180 | Protein: 86 g | Fat: 38 g | Sat Fat: 8 g | Carbs: 110 g | Sugars: 14 g | Fiber: 12 g | Sodium: 1,520 mg | Omega-3: 0.6 g

Notes

- This adaptation significantly increases protein compared with the original vegetable-only version while maintaining the character of traditional yakisoba.
- The combination of chicken, shrimp, and egg provides a complete protein profile and excellent texture contrast.
- Big Tree Coco Aminos helps reduce sodium while adding sweetness and depth.
- Cabbage is included because it is a traditional yakisoba ingredient and pairs naturally with the noodles and sauce.
- Shimeji mushrooms are recommended because they absorb sauce well and contribute additional umami.
- Browning the noodles before adding the vegetables improves texture and flavor.

- Leftovers reheat well and make an excellent lunch the following day.
- For additional heat, serve Sriracha or chopped jalapeños at the table rather than incorporating them into the sauce.