

Summer Chicken Pancit Canton

サマー・チキン・パンシット・カ
ントン

Serves 2



Pan

- 30 cm wok (preferred)
- or
- Large sauté pan

Ingredients

Protein

- 300 g chicken breast, thinly sliced 鶏むね肉

Noodles

- 1 package (150 g) refrigerated yakisoba noodles, loosened 蒸し焼きそば

Vegetables

- 75 g cabbage, finely shredded キャベツ
- 60 g carrots, julienned にんじん
- 60 g red bell pepper, thinly sliced 赤パプリカ
- 50 g celery, thinly sliced diagonally セロリ
- 50 g shimeji mushrooms, separated into small clusters しめじ
- 40 g onion, thinly sliced 玉ねぎ
- 40 g snow peas, trimmed (optional but highly recommended) 絹さや
- 2 scallions, sliced, white and green parts separated 青ねぎ

Aromatics

- 4 cloves garlic, minced にんにく
- 20 g fresh ginger, julienned しょうが

Sauce

- 45 ml reduced-sodium chicken stock チキンストック
- 2¼ T Big Tree Organic Coco Aminos Marinade & Sauce ココアミノ
- 1 tsp reduced-sodium soy sauce 減塩しょうゆ
- 1 tsp fish sauce (patis) ナンプラー
- 1½ tsp oyster sauce オイスターソース
- ½ tsp brown sugar ブラウンシュガー
- ¼ tsp white pepper 白こしょう
- ½ tsp toasted sesame oil ごま油

Finish

- Juice of ½ lime (or 1 sudachi) ライム果汁（またはすだち）
- Lime wedges for serving

Optional Garnishes

- Chopped cilantro パクチー
- Toasted peanuts ピーナッツ
- Fried shallots フライドエシャロット

Before Turning On the Burner:

- ✓ Chicken sliced
- ✓ Vegetables prepared
- ✓ Sauce mixed
- ✓ Noodles loosened
- ✓ Lime cut

✓ Serving plates ready

Once the wok is hot, the cooking proceeds very quickly.

Instructions

Prepare the Wok

- Place the wok over **medium heat** for **1½–2 minutes**. Increase to **medium-high** for **30–45 seconds**. The wok should be hot enough that the oil shimmers immediately but should not be producing heavy smoke.

Add:

- 1 T canola oil**. Swirl to coat the wok.
-

Cook the Chicken

- Add the chicken in a single layer. Leave undisturbed for **90 seconds**. Turn and cook **another 60–90 seconds**, just until cooked through. Transfer to a plate. Do not overcook.
-

Deglaze (If Necessary)

- If browned bits remain on the wok, add: 1 T chicken stock or water. Scrape gently with the wok spatula. Allow the liquid to evaporate completely.
-

Stir-Fry the Vegetables

- Add another **tsp of oil** if the wok appears dry. Cook in the following order:
 - Onion
 - Carrot
 - Celery
 - Bell pepper
 - Shimeji mushrooms
 - Snow peas
 - Stir-fry for about **2–3 minutes**, maintaining a crisp-tender texture.
 - Add the **garlic** and **ginger**. Cook **30 seconds** until fragrant.
 - Add the **cabbage**. Cook another **30–45 seconds**. The cabbage should just begin to wilt while retaining some crunch.
-

Add the Noodles

- Add the loosened **yakisoba noodles**. Using the wok spatula, gently separate and toss the noodles with the vegetables. Cook about **1 minute**.
-

Add the Sauce

- Pour the prepared **sauce** evenly over the noodles. Toss continuously until everything is evenly coated and the sauce is absorbed, **about 1–2 minutes**.
-

Finish

- Return the cooked **chicken** to the wok.
 - Add most of the **scallions**.
 - Toss for 30–60 seconds until everything is heated through.
 - Turn off the heat. Immediately squeeze the **lime juice** over the entire dish. Toss once more. Serve immediately.
-

Make-Ahead Notes

- Slice the chicken one day ahead.
 - Prepare all vegetables one day ahead.
 - Mix the sauce and refrigerate.
 - Loosen the noodles just before cooking.
 - Cut the lime immediately before serving.
-

Serving Suggestions

- Japanese cucumber salad
 - Watermelon or fresh mango
 - Chilled tomato salad
 - Iced green tea
 - Sparkling water with lime
-

Notes

- Fish sauce contributes authentic Filipino depth without making the dish taste fishy.
 - The fresh lime (or sudachi) added after cooking is one of the defining characteristics of pancit and gives the finished dish its bright, refreshing flavor.
 - Refrigerated yakisoba noodles are an excellent substitute for traditional pancit canton noodles and are readily available throughout Japan.
 - The vegetables are intentionally left slightly crisp to preserve their fresh summer character.
 - White pepper provides a gentle warmth that differs from black pepper and is commonly used in Filipino cooking.
 - This recipe combines the fresh, vegetable-forward style of the summer NYT version with the savory depth of traditional pancit, while adapting it to ingredients easily found in Japan.
-

Nutrition

Per Serving (1 of 2)

Kcal total: 525 | Protein: 42 g | Fat: 11 g | Sat Fat: 2 g | Carbs: 39 g | Sugars: 6 g | Fiber: 5 g | Sodium: 610 mg | Omega-3: 0.2 g

Entire Recipe

Kcal total: 2,080 | Protein: 160 g | Fat: 44 g | Sat Fat: 8 g | Carbs: 224 g | Sugars: 32 g | Fiber: 24 g | Sodium: 2,600 mg | Omega-3: 0.8 g

Chef's Notes

Summer Chicken Pancit Canton celebrates the bright flavors and colorful vegetables of the Filipino classic while adapting it to a Japanese home kitchen. Rather than reproducing the heavier restaurant versions, this recipe emphasizes lean chicken, crisp seasonal vegetables, a lighter savory sauce, and the unmistakable finishing touch of fresh citrus.

The addition of fish sauce provides authentic Filipino umami, while yakisoba noodles make the dish practical to prepare using ingredients commonly available in Japan. The result is a refreshing, protein-rich meal that's equally suitable for a warm summer dinner or as leftovers for lunch the next day.

The final squeeze of lime (or sudachi when in season) is not optional—it transforms the dish from a good noodle stir-fry into a true pancit by adding the bright acidity that ties all the flavors together.