



Rainbow Veggie Yakisoba

Japan | Cooking

Spotlight: Sweet bell peppers

Yakisoba means “fried noodles” — Japan’s festival favourite. We stir-fry a rainbow of peppers, cabbage and carrots in a sweet-savoury sauce until everything turns glossy.



Ingredients (makes 8–14 portions)

- 10–14 oz yakisoba or ramen-style noodles (egg-free)
- 2–3 bell peppers — red, yellow, orange
- 2–3 cups shredded cabbage
- 2–3 carrots
- 1 bunch green onions
- 3–4 Tbsp soy sauce
- 1–1 1/2 Tbsp ketchup
- 1–1 1/2 Tbsp honey
- 1–1 1/2 tsp sesame oil
- 2–3 Tbsp sesame seeds
- 2–3 Tbsp cooking oil
- 1 tsp salt

Steps

1. An adult cooks the noodles, then rinses them under cold water and tosses them with a teaspoon of oil so they stay separate.
2. Whisk the soy sauce, ketchup, honey and sesame oil together in a bowl.
3. Slice the peppers with the bear claw grip, tear the cabbage, and peel the carrots into ribbons.
4. Stir-fry the carrots and peppers 3 minutes, then add the cabbage and cook 2 minutes more — hard vegetables always go in first.
5. Add the noodles and sauce and toss 2 minutes until glossy. Top with sesame seeds and green onions.

Substitutions: Gluten-free: rice noodles and tamari in place of soy sauce. Dairy-free: naturally dairy-free. Egg-free: use egg-free noodles or rice noodles.

Cooking this at home: For a family of four, use about 3–4 oz noodles, 1 bell pepper, 1/2 cup cabbage, 1 carrot, and 1 Tbsp soy sauce. Peeling carrot ribbons and whisking the sauce are perfect jobs for your Food Explorer.