

CHBC Demo Recipes

Five-Spiced Chicken Udon Noodle Salad

(serves 4)

A

- 4 chicken legs
- 3 tsp Chinese 5-spice
- 1 tbsp garlic (minced)
- 2 tbsp peanut oil
- to taste sea salt and pepper

B

- 1 lb udon noodles
- 1 red pepper (julienne)
- 1 carrot (matchstick cut)
- 1 small red onion (julienne)
- 12 sugar peas (julienne)
- 8 shitake mushroom caps (sliced)
- 2 baby bok choy (quartered lengthwise)
- ¼ cup cilantro (chopped)
- to taste sea salt and pepper
- to taste Okanagan's Finest Ginger Soy Dressing

- A. Marinate **A** ingredients in a large Ziploc bag overnight. Preheat oven to 425°. Roast chicken on a baking sheet lined with parchment paper until golden brown and fully cooked. Turn oven off and leave chicken to stay warm and rest.
- B. Bring a medium-sized pot of salted water to a boil. Add udon noodles and cook 3 - 4 minutes. Strain and run under cold water to cool. Shake noodles free of excess water and toss with remaining **B** ingredients. Divide between four plates and top with the 5-spiced chicken legs. Enjoy!

Note: On the show we did not cook the noodles. We have decided they are better cooked. Please follow step B.



Okanagan's Finest Foods

product info: 250.717.6018

catering: 250.317.2055

info@okanagansfinest.com

www.okanagansfinest.com



The Ridge Restaurant

3002 Dunster Road

East Kelowna

250.712.9404

klo@k-l-o.com

www.k-l-o.com/ridge