

Foodnity Recipes

Teriyaki Noodles with Crispy Chicken

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Asian-Fusion** Cuisine

Ingredients

For the Crispy Chicken

- [ ] 1 lb boneless skinless chicken thighs or breasts, cut into 1-inch cubes
- [ ] ¼ cup all-purpose flour
- [ ] ¼ cup cornstarch
- [ ] 1 tsp salt
- [ ] ½ tsp black pepper
- [ ] ¼ tsp garlic powder
- [ ] 2 tbsp vegetable oil for frying

For the Teriyaki Sauce

- [ ] ¼ cup soy sauce
- [ ] ¼ cup mirin (or sweet rice wine)
- [ ] 2 tbsp honey or maple syrup
- [ ] 2 tbsp rice vinegar
- [ ] 1 tbsp sesame oil
- [ ] 1 tbsp fresh ginger, grated
- [ ] 2 cloves garlic, minced
- [ ] 2 tsp cornstarch, mixed with 2 tsp water for slurry
- [ ] 1 tsp Sriracha or chili paste, optional

For the Noodles and Veggies

- [ ] 8 oz spaghetti (or fettuccine)
- [ ] 1 cup shredded carrots
- [ ] 1 cup snow peas, trimmed
- [ ] ¼ cup scallions, sliced thin
- [ ] 1 tbsp toasted sesame seeds

Instructions

1. Start with the sauce. Combine your soy sauce, mirin, honey, rice vinegar, sesame oil, grated ginger, minced garlic, and that optional Sriracha in a small saucepan. Bring it to a gentle simmer over medium heat. Now, stir in the cornstarch slurry; you'll see it transform into something silky and glossy. Just set that aside for a bit.

2. In a mixing bowl, whisk together the flour, cornstarch, salt, pepper, and garlic powder. I've found it's best to pat the chicken cubes dry with paper towels first—honestly, it's the secret to making sure that coating actually sticks and gets crispy.

3. Dredge each piece of chicken in the flour mixture, shaking off the extra, then move them to a second shallow dish for a second coat. I know it seems like extra work, but this double coating really locks in the moisture and gives you that wonderful crunch.

4. Heat your vegetable oil in the skillet over medium-high heat until it's shimmering, which takes about a minute. Add the chicken in a single layer—don't overcrowd the pan or they'll steam instead of fry. Cook for 3-4 minutes per side until they're a beautiful golden brown and reach an internal temp of 165°F.

5. Use a slotted spoon to lift the chicken out and let them drain on a paper-towel lined plate. I usually keep them warm under a piece of foil so they stay cozy while we do the rest.

6. Get a large pot of salted water boiling. Toss in the spaghetti and cook for 8-10 minutes until it's al dente. Before you drain them, remember to reserve about ¼ cup of that starchy pasta water—it comes in handy later.

7. Return your skillet to the stove over medium heat. Add those cooked noodles, the shredded carrots, snow peas, and that glossy teriyaki sauce we made earlier. Toss everything together, adding a splash of the reserved pasta water if things feel a bit too thick.

8. Gently fold the crispy chicken into the noodle mixture. Be careful here—you want to mix them just enough so they're coated, but not so much that the chicken breaks apart. We want to keep that crunch!

9. Transfer the whole thing to a big serving platter or divide it into bowls. Sprinkle on the sliced scallions and toasted sesame seeds for a little bit of extra flavor and a nice look.

10. Serve it immediately while the chicken is still hot and crisp. I like to put out some extra soy sauce or lime wedges on the side, just in case anyone wants to customize their bowl.

Nutrition per serving

580 kcal	38 g	54 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Double-coating the chicken is essential for that restaurant-style crunch.
- Reserving pasta water helps the sauce cling to the noodles perfectly.
- Using chicken thighs instead of breasts often results in a juicier bite.