

Teriyaki Chicken Ramen Stir-Fry - A 30-Minute Dinner Favorite

If you've got 30 minutes, you've got dinner-this



TIME
30 min

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INGREDIENTS

1 lb boneless, skinless chicken breasts, cut into strips
2 packs ramen noodles, discard seasoning packets
2 tbsp vegetable oil, divided
2 cups mixed stir-fry vegetables (like bell peppers, broccoli, carrots)
2 cloves garlic, minced
¾ cup teriyaki sauce (bottled or homemade)
2 green onions, sliced (optional)
Sesame seeds, for garnish (optional)

DIRECTIONS

1. Cook the Ramen: Bring a pot of water to a boil. Cook ramen noodles according to package instructions (usually 3-4 minutes).
2. Drain and rinse under cool water to prevent sticking. Set aside.
3. Sear the Chicken: Heat 1 tbsp oil in a large skillet or wok over medium-high heat.
4. Add chicken strips and season lightly with salt and pepper.
5. Sear for 6-8 minutes, stirring occasionally, until cooked through and browned. Remove from skillet and set aside.
6. Stir-Fry the Vegetables: Add the remaining 1 tbsp oil to the same pan.
7. Toss in mixed vegetables and stir-fry for 4-5 minutes until tender-crisp.
8. Add minced garlic and cook for 1 more minute, stirring constantly.
9. Combine and Sauce: Return cooked chicken to the skillet.
10. Add cooked ramen noodles and pour in the teriyaki sauce.
11. Toss everything together to evenly coat with sauce. Cook for 2-3 minutes, until hot and saucy.
12. Garnish and Serve: Plate your stir-fry and top with sliced green onions and sesame seeds, if desired.
13. Serve hot and watch it disappear!

SWAPS & NOTES

Noodles : Substitute rice noodles, udon, or soba if preferred.

Protein : Swap in shrimp, beef strips, or tofu for variety.

Veggie ideas : Snow peas, mushrooms, zucchini, or edamame all work.

Homemade teriyaki : Mix soy sauce, honey, rice vinegar, garlic, and cornstarch slurry for a DIY version.

TIPS FOR SUCCESS

Prep everything ahead -this dish moves fast once the pan is hot.

Don't overcook the veggies-you want a little bite left.

Make extra sauce if you love things extra sticky or plan to reheat.

For crispier chicken, lightly dredge in cornstarch before searing.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/teriyaki-chicken-ramen-stir-fry-a-30-minute-dinner-favorite/>