

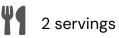




# Japanese Yaki Udon

Thick chewy udon noodles, stir-fried with Asian greens, shiitake mushrooms and a sweet savoury garlic sauce, sprinkled with our Togarshi spice blend for a little citrus and heat.





Vegetarian

# Add some protein!

These noodles are also delicious with some tofu or tempeh tossed through if you are after extra protein. A sunny fried egg on top also works well!

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

#### **FROM YOUR BOX**

UDON NOODLES	2 packets
GARLIC CLOVE	1
HONEY SHOTS	2
ASIAN GREENS	2 bulbs
CARROT	1
BABY CORN	1 punnet
SPRING ONIONS	1 bunch
SHIITAKE MUSHROOMS	100g
TOGARASHI SPICE	1 packet

#### FROM YOUR PANTRY

soy sauce or tamari, sesame oil

#### **KEY UTENSILS**

large frypan or wok

#### **NOTES**

The noodles will stick together at first, leave in the pan to heat through and gently wiggle apart with tongs to loosen them.

Trim the Asian greens and rinse well to remove excess sand.

No gluten option - udon noodles are replaced with rice noodles. Cook noodles according to packet instructions. Season dish at the end with soy sauce to taste.

Togarashi spice mix: mixed sesame seeds, lemon pepper, chilli flakes.



#### 1. PREPARE THE NOODLES

Place **noodles** in a large bowl and cover with hot water for 2 minutes (see notes). Drain and set aside.



#### 2. PREPARE THE SAUCE

Combine **crushed garlic** clove, **honey**, **2 tbsp soy sauce** and **1/2 tbsp sesame oil** in a small bowl. Set aside.



#### 3. PREPARE THE VEGETABLES

Slice Asian greens (see notes) and carrot.
Halve baby corn. Slice spring onions
(reserve tops for garnish). Slice
mushrooms.



## **4. STIR-FRY THE VEGETABLES**

Heat a large frypan or wok over high heat with sesame oil. Add prepared vegetables and cook, tossing for 5 minutes until vegetables are tender.



### 5. COOK THE NOODLES

Add **noodles** and prepared **sauce**. Gently toss until combined (see notes).



#### 6. FINISH AND SERVE

Divide **noodles** among bowls. Garnish with reserved **spring onion tops** and **togarashi spice**.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



