



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Asian Greens

A great, super versatile vegetable to boost up the nutrition of this dish! It provides good levels of vitamin C and anti-oxidants!



Japanese Yaki Udon

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



30 minutes



4/6 servings



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
4/6 Person:	10g/13g	2g	70g/92g

FROM YOUR BOX

	4 PERSON	6 PERSON
UDON NOODLES	3 packets	5 packets
GARLIC CLOVE	1	2
HONEY SHOTS	2	4
ASIAN GREENS	1 bunch	1 bunch
RED CAPSICUM	1	1
CARROT	1	2
BABY CORN	1 punnet	1 punnet
SPRING ONIONS	1 bunch	2 bunches
SHIITAKE MUSHROOMS	2 x 100g	3 x 100g
TOGARASHI SPICE	1 packet	2 packets

FROM YOUR PANTRY

soy sauce or tamari, sesame oil

KEY UTENSILS

kettle, large frypan or wok, kettle

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 thick rice vermicelli noodles. Cook noodles for 18–20 minutes.

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



1. PREPARE THE NOODLES

Boil the kettle.

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



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.



2. PREPARE THE SAUCE

Combine **crushed garlic**, **honey**, **1/4 cup soy sauce** and **1 tbsp sesame oil** in a small bowl. Set aside.

6P – combine crushed garlic clove, honey, 1/3 cup soy sauce and 2 tbsp sesame oil in small bowl.



5. COOK THE NOODLES

Add **noodles** and prepared **sauce**. Gently toss until combined.



3. PREPARE THE VEGETABLES

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



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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

