

**Product Spotlight:
Sesame Seeds**

Sesame seeds are considered an excellent source of copper, which helps your body make red blood cells and keeps your immune system healthy.



Sesame Seed Brown Butter Noodles

Thick and unctuous udon noodles, tossed through browned butter, toasted sesame seeds and kai lan, served with a fresh snow pea topping, shredded seaweed and boiled eggs.



25 minutes



4 servings



Vegetarian

Switch it up!

Stir-fry the kai lan and snow peas in sesame oil to serve as a side dish to the noodles. You can cook the eggs using your preferred method; boiling, poaching or frying.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	20g	27g	53g

FROM YOUR BOX

FREE-RANGE EGGS	6-pack
SESAME SEEDS	2 x 20g
SPRING ONIONS	1 bunch
GARLIC CLOVES	2
KAI LAN	1 bunch
SNOW PEAS	250g
UDON NOODLES	3 packets
SEAWEED SNACK	2 packets

FROM YOUR PANTRY

sesame oil, salt, white pepper, rice wine vinegar, soy sauce or tamari, butter (50g)

KEY UTENSILS

large frypan, saucepan

NOTES

Use a wok if you have one.

Substitute white pepper with ground pepper or black pepper.

No gluten option – noodles are replaced with rice noodles. Cook for 10–12 minutes until tender. Drain and rinse. Add to frypan along with 1 cup water.



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1. BOIL THE EGGS

Bring a medium saucepan of water to the boil. Add **eggs** and cook for 6–8 minutes. Cool under running cold water. Peel to serve.

Refill saucepan with water and bring to a boil for step 5.



2. TOAST THE SESAME SEEDS

Heat a large frypan (see notes) over medium heat. Add **sesames** to dry pan and toast for 5 minutes until golden. Remove from pan and keep pan over heat for step 3.



3. BROWN THE BUTTER

Add **50g butter** to pan and cook for 5 minutes until foaming and turning brown. Add thinly sliced **spring onions** (reserve green tops), crushed **garlic** and trim and halved **kai lan**. Stir-fry for 5 minutes.



4. MAKE THE TOPPING

Meanwhile, trim and slice **snow peas**. Add to a bowl along with thinly sliced reserved spring onion green tops, **1 tbsp sesame oil** and **2 tsp vinegar**. Toss to combine.



5. COOK & TOSS NOODLES

Add **noodles** to boiling water. Cook for 2–3 minutes until noodles are tender. Add to frypan along with **1 cup reserved cooking liquid**, **1 1/2 tbsp soy sauce**, **1/2–1 tsp white pepper** (see notes) and toasted sesame seeds. Toss well to combine.



6. FINISH AND SERVE

Tear or thinly slice **seaweed**.

Divide tossed noodles among bowls. Add boiled egg, snow pea topping and seaweed to serve.

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