




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 Togarshi spice blend for a little citrus and heat.

 30 minutes

 4 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** 10g **TOTAL FAT** 6g **CARBOHYDRATES** 64g

FROM YOUR BOX

DRIED SHIITAKE MUSHROOMS	50g
GARLIC CLOVE	1
HONEY SHOTS	2
ASIAN GREENS	1 bunch
RED CAPSICUM	1
CARROT	1
BABY CORN	1 punnet
SPRING ONIONS	1 bunch
UDON NOODLES	3 packets
TOGARASHI SPICE	1 packet

FROM YOUR PANTRY

soy sauce or tamari, sesame oil

KEY UTENSILS

large frypan or wok, kettle

NOTES

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

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

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 MUSHROOMS

Boil the kettle.

Place dried mushrooms in a bowl and cover with boiling water. Set aside to hydrate (stir occasionally to help the mushrooms soak).



2. PREPARE THE SAUCE

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



3. PREPARE THE VEGETABLES

Slice asian greens (see notes), capsicum and carrot. Halve baby corn. Slice spring onions (reserve tops for garnish). Drain and slice hydrated 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**

