



Yaki udon

with tofu and rich soy mushroom sauce



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large wok / frying pan



Pantry items needed: vegetable oil



Hands-on: 15-20 minutes
Ready in: 15-20 minutes



Serves: 2 or 4

Nothing hits the spot quite like a steaming bowl of udon noodles. This version features Evergreen fried silken tofu, shiitake mushroom, carrot and cabbage in a rich, house-made soy, mushroom and mirin sauce, topped off with a sprinkling of toasted sesame seeds. Quick, easy and delicious!

HIGH PROTEIN | CALORIE SMART | Naughty but nice

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Dried shiitake mushroom	1 packet	1 packet
Udon noodles	2 packets	4 packets
Spring onion	90g	180g
Ginger	15g	30g
Carrot	120g	240g
Cabbage	100g	200g
Fried silken tofu	1 packet	2 packets
Vegetable oil*	1 tbsp	2 tbsp
Yaki udon sauce	1 tub	1 tub
Salt*	½ tsp	1 tsp
Toasted sesame seeds	1 packet	1 packet

* Pantry items

Allergens and ingredients

Allergens: gluten, wheat, soy, sesame.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Prepare ingredients

In a heatproof bowl, add **shiitake mushroom** and cover with boiling water. Allow to soak for at least **10 minutes**. When done, squeeze out excess moisture and place onto a paper towel.

In a heatproof bowl, add **udon noodles** and cover with boiling water. Allow to soak for at least **3 minutes**. Drain into a colander.

Roughly slice **spring onion**, separating **whites** and **greens**. Finely chop **ginger**. Cut **carrot** into matchsticks. Shred **cabbage**. Cut **fried silken tofu** cubes in half.

2. Prepare

In a wok / large frying pan over medium heat, add **vegetable oil***. When hot, add **ginger** and **carrot** and cook, tossing constantly, for **2 minutes**. Add **cabbage** and cook for another **2 minutes**. Add **yaki udon sauce**, **fried silken tofu**, **udon noodles** and **salt*** and toss together until combined and hot.

5. Serve

Serve **Yaki udon** into deep bowls and garnish with **spring onion greens** and **toasted sesame seeds**.

Eat your way
to healthy!



Tofu is a good source of protein and contains all nine essential amino acids your body needs. Surprisingly, it provides more protein per calorie than beef. It is also a source of iron, manganese, potassium, calcium, selenium, phosphorous, magnesium, copper, zinc and vitamin B1.

Tofu has been linked to health benefits such as better heart health, lower levels of 'bad' cholesterol, better bone health, lower risk of colorectal and prostate cancer, better skin and better memory and brain health.

Nutritional information*

	Per 450g serve	Per 100g
Energy	2470kJ (591Cal)	549kJ (131Cal)
Protein	29.9g	6.7g
Fat, total	17.4g	3.9g
- Saturated	1.1g	0.3g
Carbohydrate	69.0g	15.0g
- Sugars	22.0g	5.0g
Sodium	2956mg	657mg

* Nutritional information is based on averages