



Veggie Teriyaki Noodles

with chilli flake and sesame seed garnish

Veggie 25-30 mins • Optional spice

9



Udon Noodles



Teriyaki Sauce



Mushrooms



Scallion



Pak Choi



Sesame Seeds



Onion



Ginger



Garlic



Dried Chilli Flakes



Lime

Pantry Items: Salt, Oil, Pepper, Water, Egg (Optional)

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Grater, Pan with Lid

Ingredients

	2P	4P
Udon Noodles	300 g	600 g
Teriyaki Sauce	2 sachets	4 sachets
Mushrooms	250 g	500 g
Scallion	1 unit	2 units
Pak Choi	1 unit	2 units
Sesame Seeds	1 sachet	2 sachets
Onion	1 unit	2 units
Ginger	½ unit	1 unit
Garlic	2 units	4 units
Dried Chilli Flakes	1 sachet	2 sachets
Lime	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	528 g	100 g
Energy (kJ/kcal)	1995.1 kJ/ 476.8 kcal	377.9 kJ/ 90.3 kcal
Fat (g)	8.8 g	1.7 g
Sat. Fat (g)	0.8 g	0.1 g
Carbohydrate (g)	85.4 g	16.2 g
Sugars (g)	27.4 g	5.2 g
Protein (g)	15.9 g	3 g
Salt (g)	5.5 g	1 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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rate this recipe.



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Get Prepped

- Quarter the **mushrooms**.
- Halve, peel and thinly slice the **onion**.
- Peel and grate half the **ginger** (double for 4p). Use a teaspoon to easily scrape away the peel.
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **lime**.



Add the Noodles

- Meanwhile, trim the **pak choi**, then separate the leaves. Cut each leaf in half lengthways.
- Add the **pak choi** and **udon noodles** to the pan with the veg.
- Stir-fry until softened, 2-3 mins.



Fry the Veg

- Place a pan over medium heat (no oil).
- Once hot, add the **sesame seeds** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins. Set the seeds aside.
- Return the (now empty) pan to high heat with a good glug of **oil**.
- When hot, add the **onion, garlic, grated ginger, and mushrooms**.
- Season with **salt and pepper** and fry for 4-5 mins, until fragrant.

TIP: Watch the seeds like a hawk as they can burn easily.



Stir in the Sauce

- Stir in the **teriyaki sauce** and **chilli flakes** (use less if you don't like spice).
- Add 75ml **water** (double for 4p) and mix carefully.
- Season to taste with **salt, pepper** and **lime** juice.
- Cover and cook for 1-2 mins.

TIP: Add a splash of water if it needs loosening.



Add an Optional Egg

- Heat a drizzle **oil** in a separate pan on medium-high heat.
- Once hot, crack in your **eggs** (1 per person) and cook for 4-5 mins, or until the white is cooked and the yolk is the firmness you desire.
- Lower the heat as needed.



Dish Up

- Trim and thinly slice the **scallion**.
- Share the **noodles** between your bowls and sprinkle with **sesame seeds** and **scallion**.
- Chop any remaining **lime** into wedges and serve alongside.
- Top the **noodles** with your fried **egg** seasoned with **salt** and **pepper**.

Enjoy!