

15 Minute Spicy Udon and Vegetable Stir Fry

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10 SmartPoints (Green), 2020, Asian, Meatless

Prep Time: 5 mins Cook Time: 10 mins Total Time: 15 minutes

Difficulty: Easy Servings: 3 Source: seasonsandsuppers.ca

INGREDIENTS

Stir Fry:

1 Tbsp vegetable oil or other neutral cooking oil

1/2 medium onion sliced or diced

1 medium carrots spiralized and chopped or grated

1 cup green onion sliced diagonally (green part only)

3 cups baby spinach

14 oz soft vacuum-packed udon noodles 400g

Sauce:

1-2 tsp Sambal Oelek (or Asian Chili Garlic Sauce/Sriracha)

1/4 cup soy sauce

2 tsp rice wine vinegar

1 tsp sesame oil

2 Tbsp brown sugar

2 cloves garlic minced

1 Tbsp fresh ginger minced

For garnish:

Sesame seeds

Additional sliced green onion

1/4 cup chopped parsley or cilantro

DIRECTIONS

Prepare your vegetables and set aside. Mix up the sauce by combining all the ingredients in a small bowl. Set aside. If you like, you can fill a large bowl with hot tap water and add udon noodles to the bowl to soak, so they can be separated before adding to the wok This isn't necessary though, as you

can add fresh udon noodles directly from the package to the wok. I just find it easier to stir fry them having them separate before they go in to the wok.

In a large frying pan or wok, heat oil over medium-high heat until very hot. Add carrots and cook, stirring for a minute or so. Add onions and cook, stirring, until onions are soft and carrots are tender. Add green onion and cook, stirring, for 30 seconds or so.

If soaking udon noodles, gently stir to loosen udon noodles and separate, then drain. Add drained noodles (or unsoaked noodles) to the wok and cook, stirring, for 30 seconds or so. (Stir fry a little longer if soaked, to cook off any extra water before adding the sauce). Add sauce and cook for another 30 seconds, stirring to combine well. Scatter baby spinach over top and cook, stirring constantly, until spinach is wilted.

Remove stir fry to a bowl or plate and garnish with sesame seeds, additional sliced green onion and parsley/cilantro.

NOTES

Soft, vacuum-packed udon noodles do not require any pre-cooking. You can simply add to your dish and heat through. You can pre-soak in a large bowl of warm water to loosen and separate the noodles before adding to your dish, if you like.

Frozen Udon Noodles should be cooked in a large pot of boiling water for about 1 minute.

Semi-dried udon noodles should be cooked in a large pot of boiling water for about 8 minutes.

Dried udon noodles need to cook in a large pot of boiling water for about 10 minutes.

Test for doneness by removing noodle from pot, running it under cold water, then biting. Udon shouldn't be hard in the middle.