

DINNERLY

Udon Noodle Stir Fry with Spinach & Broccoli



20-30min



2 Servings

WHAT WE SEND

- ½ lb broccoli
- 10 oz fresh udon noodles ¹
- ¼ oz pkt toasted sesame seeds ¹¹
- 3 oz stir-fry sauce ^{1,6}
- 1 oz fresh ginger
- 5 oz baby spinach

WHAT YOU NEED

- 1 teaspoon grated garlic
- kosher salt & ground pepper
- 2 tablespoons neutral oil
- ½ teaspoon apple cider vinegar

TOOLS

- large saucepan
- medium nonstick skillet

ALLERGENS

Wheat (1), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 0kcal



1. Prep ingredients

Bring a large saucepan of salted water a boil.

Finely grate 1 teaspoon each of garlic and ginger. Cut broccoli into 1-inch florets if necessary. Place spinach in a large colander.



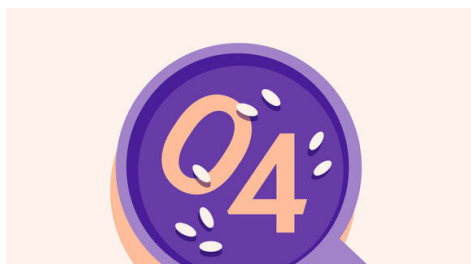
2. Precook broccoli

Transfer broccoli to a microwave safe bowl. Cover with a damp paper towel and heat in microwave until just tender, 2–4 minutes. Drain any excess water.



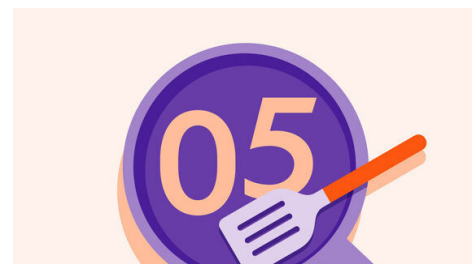
3. Cook noodles

Add noodles to boiling water and cook for 2 minutes. Drain directly over spinach so that the greens wilt.



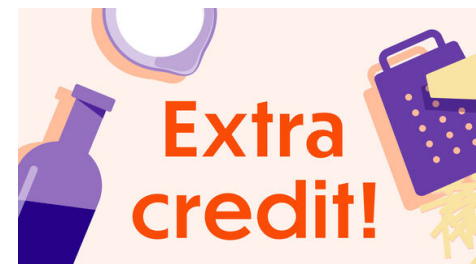
4. Cook broccoli

Heat 2 tablespoons oil in medium nonstick skillet over medium high. Add broccoli and season with salt and pepper. Cook, stirring occasionally, until broccoli is charred, 3–5 minutes.



5. Serve

Reduce heat to medium, add garlic and ginger, stir fry sauce, 2 tablespoons water, and ½ teaspoon vinegar; bring to a simmer. Add spinach and noodles and toss to coat. Cook until noodles are nicely coated and warmed through, about 1 minute. Season to taste with salt and pepper. Transfer to plates and top with sesame seeds. Enjoy!



6.