

DINNERLY



Stir-Fried Veggie Udon Noodles with Carrots & Green Beans



20-30min



2 Servings

A stir-fry is one of our favorite things to make. You know why? Because you can do NO wrong. Cook some veggies together, add some noodles, toss it all together with a delish teriyaki sauce, and call it a delicious day. We've got you covered!

WHAT WE SEND

- 2 (7 oz) udon noodles ¹
- 1 yellow onion
- 1 small bag carrots
- ½ lb green beans
- 2 (2 oz) teriyaki sauce ^{2,1}
- ¼ oz granulated garlic

WHAT YOU NEED

- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar)
- neutral oil

TOOLS

- large pot
- large skillet

ALLERGENS

Wheat (1), Soy (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 930kcal, Fat 14g, Carbs 178g, Protein 26g



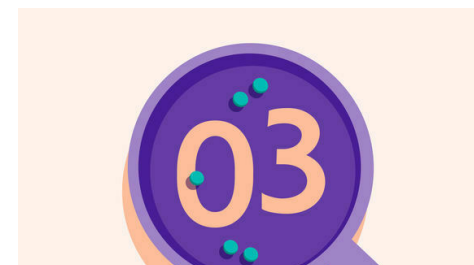
1. Cook noodles

Bring a large pot of **salted water** to a boil. Add **noodles** to boiling water and cook, stirring occasionally to prevent clumping, until just tender, 4–5 minutes. Drain, rinse under cold water, and drain again. Return noodles to pot off heat and cover until step 5.



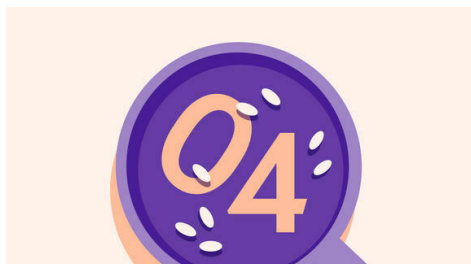
2. Prep veggies

Halve **onion**; cut into ½-inch pieces. Scrub and trim **carrot**; thinly slice diagonally. Trim stem ends from **green beans**; cut or break in half.



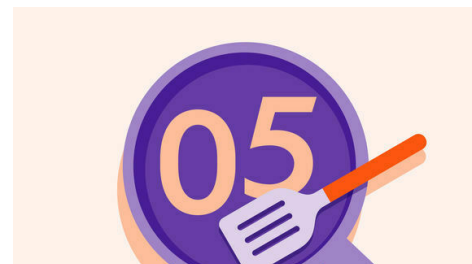
3. Prep sauce

In a liquid measuring cup, whisk to combine **all of the teriyaki sauce**, **1 cup water**, **¼ teaspoon granulated garlic**, and **2 teaspoons vinegar**; season to taste with **salt** and **pepper**.



4. Sauté veggies

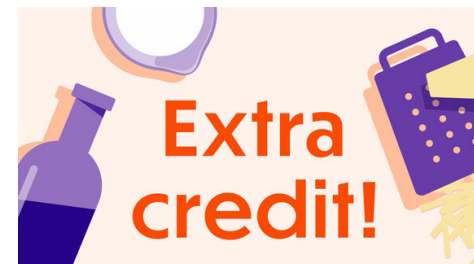
Heat **1½ tablespoons oil** in a large skillet over medium-high. Add **carrots** and **green beans**; season with **salt** and **pepper**. Cook, stirring occasionally, until **veggies** are crisp-tender and lightly browned in spots, 4–5 minutes. Add **onion**; cook until fragrant and onion is slightly softened, 1–2 minutes.



5. Finish & serve

Add **sauce** to skillet with **veggies**; stir, scraping up any browned bits from bottom of skillet. Add **noodles**; cook, tossing, until heated through and evenly coated in sauce, 1–2 minutes.

Season **veggie udon noodles** to taste with **salt** and **pepper**. Enjoy!



6. Add some eggs!

Before sautéing the veggies in step 4, scramble a few eggs in the skillet and transfer to a plate. Add them back in with the noodles in step 5, and toss to combine.