

# DINNERLY



## Vegetable Udon Noodle Soup with Kale & Roasted Sweet Potato



45min



2 Servings

Our favorite way to eat our veggies? In udon noodle soup, of course! Just picture it: roasted sweet potato and tender kale leaves swimming in a savory broth as you slurp up slippery udon noodles. That sounds a lot more exciting than a salad if you ask us. We've got you covered!

### WHAT WE SEND

- 1 sweet potato
- 1 bunch curly kale
- 2 scallions
- 10 oz fresh udon noodles <sup>1</sup>
- ¼ oz mushroom seasoning
- 2 (½ oz) tamari soy sauce <sup>6</sup>
- 1 oz mirin <sup>17</sup>

### WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper

### TOOLS

- large saucepan
- rimmed baking sheet

### ALLERGENS

Wheat (1), Soy (6), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

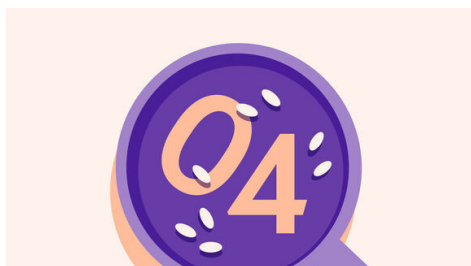
Calories 400kcal, Fat 7g, Carbs 70g, Protein 12g



#### 1. Roast sweet potatoes

Preheat oven to 425°F with a rack in the center. Bring a large saucepan of **water** to a boil.

Scrub **sweet potato**; cut into ¼-inch thick rounds. Toss on a rimmed baking sheet with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on center oven rack until browned and tender, flipping pieces halfway through, 30–35 minutes.



#### 4. Make broth & serve

In same saucepan, combine **mushroom seasoning**, **tamari**, **mirin**, and **2½ cups water**; bring to a simmer over high heat. Cover and set aside off heat until ready to serve.

Divide **noodles**, **kale**, and **sweet potatoes** between bowls. Rewarm **broth**, if necessary, and pour over top. Sprinkle with **scallions**. Enjoy!



#### 2. Prep kale & scallions

Meanwhile, strip **half of the kale leaves** from tough stems (save rest for own use). Tear or chop leaves into bite-sized pieces; discard stems.

Trim **scallions**; thinly slice on an angle.



#### 5. ...

What were you expecting, more steps?



#### 3. Blanch kale & noodles

Add **kale** to saucepan with **boiling water** and cook until bright green and tender, 4–5 minutes. Add **noodles** and cook, stirring to separate, 1–2 minutes more. Drain and rinse noodles and kale with cold water, then drain again. Set aside.



#### 6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!