

DINNERLY



Stir-Fried Teriyaki Noodles with Green Beans



20-30min



2 Servings

What are our thoughts on a quick weeknight stir-fry? We love it so much, UDON even know. Here, we're using our favorite Japanese stir-fry noodle as a base for crisp veggies and a savory teriyaki sauce. We've got you covered!

WHAT WE SEND

- 1 oz fresh ginger
- 2 scallions
- ½ lb green beans
- 7 oz udon noodles ¹
- ¼ oz pkt toasted sesame seeds ²
- 2 oz teriyaki sauce ^{3,1}

WHAT YOU NEED

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

TOOLS

- medium pot
- medium nonstick skillet

ALLERGENS

Wheat (1), Sesame (2), Soy (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 560kcal, Fat 18g, Carbs 87g, Protein 14g



1. Prep water & veggies

Bring a medium pot of **salted water** to a boil.

Peel and finely chop **1 tablespoon ginger**. Thinly slice **2 large garlic cloves**. Trim ends from **scallions**, then cut into 1-inch pieces. Trim ends from **green beans**, then cut or snap in half.



2. Cook noodles

Add **noodles** to pot with boiling **salted water**; cook, stirring occasionally to prevent clumping, until just tender, about 5 minutes. Drain noodles and rinse under warm water. Return noodles to pot. Cover to keep warm, off heat, until step 5.



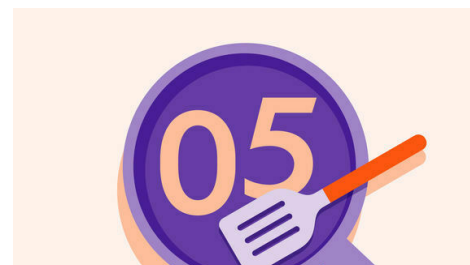
3. Stir-fry green beans

While **noodles** cook, heat **2 tablespoons oil** in a medium nonstick skillet over medium-high. Add **green beans** and cook, stirring occasionally, until tender and browned in spots, about 4 minutes. Season to taste with **salt** and **pepper**.



4. Add aromatics

To skillet with **green beans**, stir in **scallions**, **chopped ginger**, **sliced garlic**, and **half of the sesame seeds**. Cook over medium-high heat, stirring occasionally, until fragrant, about 2 minutes.



5. Finish stir-fry & serve

To same skillet, add **teriyaki sauce**, **noodles**, **½ cup water**, and **2 teaspoons vinegar**, tossing to combine. Cook over medium-high, stirring, until noodles are evenly coated in **sauce**, 1–2 minutes. Season to taste with **salt** and **pepper**.

Serve **stir-fried teriyaki noodles** sprinkled with **remaining sesame seeds**. Enjoy!



6. Make it meaty!

This is veggie by design, but Dinnerly is a judgement-free zone. If you want a meaty addition, then check out our handy protein packs! Top your stir-fry with some grilled chicken breasts or sautéed shrimp.