

DINNERLY



Low-Cal Ginger-Soy Udon Noodles with Peppers & Green Beans



20-30min



2 Servings

Why not turn Meatless Mondays into Meatless Tuesdays? Or maybe even Meatless Thursdays? Whichever day of the week you chose this for, this lo-maintenance veggie stir-fry is sure to hit the umami-spot. We've got you covered!

WHAT WE SEND

- 1 piece fresh ginger
- 1 bell pepper
- ½ lb green beans
- ¼ oz fresh mint
- 7 oz udon noodles ²
- 1.8 oz kecap manis ^{1,2}

WHAT YOU NEED

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

TOOLS

- medium pot
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 620kcal, Fat 16g, Carbs 110g, Protein 12g



1. Prep ingredients

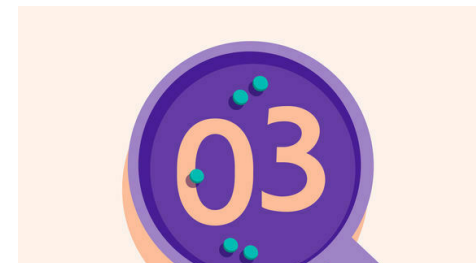
Bring a medium pot of **salted water** to a boil.

Finely chop **half of the ginger** (save rest for own use). Finely chop **1 teaspoon garlic**. Halve **pepper**, discard stem and seeds, and cut into 1-inch pieces. Trim ends from **green beans**, then halve crosswise. Pick **mint leaves** from stems.



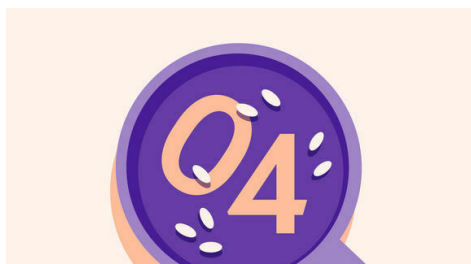
2. Cook noodles

Add **noodles** to pot with boiling **salted water** and cook, stirring occasionally to prevent clumping, until just tender, about 5 minutes. Reserve **¼ cup cooking water**. Drain and rinse under warm water. Set aside until step 5.



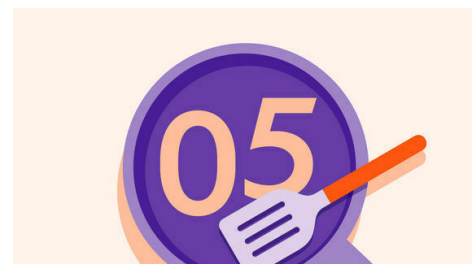
3. Stir-fry veggies

Heat **1 tablespoon oil** in a medium skillet over high. Add **peppers** and **green beans**; cook until crisp-tender, 4–5 minutes. Season to taste with **salt** and **pepper**, then transfer to a plate.



4. Make sauce

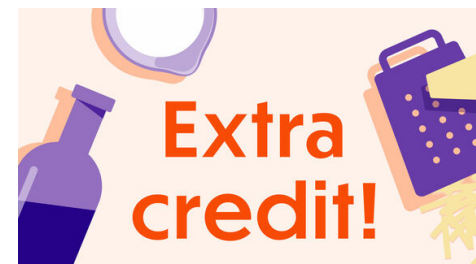
Heat **1 tablespoon oil** in same skillet over medium-high. Add **chopped ginger and garlic**; cook until fragrant, about 30 seconds. Add **kecap manis**, **½ cup water**, and **2 tablespoons of vinegar**; bring to a simmer. Cook over medium-high heat until sauce is syrupy and reduced by about half, 4–5 minutes.



5. Finish & serve

Return **noodles, veggies**, and **reserved cooking water** to skillet with **sauce**. Cook, stirring, until coated in sauce, 1–2 minutes. Add **mint leaves** and stir to combine.

Season **ginger-soy udon noodles** to taste with **salt** and **pepper**. Enjoy!



6. Take it to the next level

Sprinkle chopped roasted cashews or peanuts over this stir-fry for added crunch. Or throw drained water chestnuts into the sauce in step 4 to up the takeout-worthy quality. Or top it with a fried egg for added protein. Or all of the above!