

# DINNERLY



## Stir-Fried Veggie Udon Noodles:

More servings? Or leftovers? You choose!



20-30min



2 Servings

We've been living in our hibernation clothes for some time now, so, it feels appropriate that, like the squirrels, we're loading up! Not on acorns, silly....On dinner! This comfort food meal serves up a little more, so you can choose-your-own-adventure. Choose to fill your plate with an extra serving OR store some away for the next day OR share with other hibernating friends and fam. Either way, you win. We've got you covered!



### WHAT WE SEND

- 2 pkgs udon noodles <sup>1</sup>
- 1 medium red onion
- 1 carrot
- ½ lb green beans
- garlic
- 2 (1¾ oz) teriyaki sauce <sup>16</sup>

### WHAT YOU NEED

- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar) <sup>17</sup>
- neutral oil

### TOOLS

- large pot
- large skillet

### 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 470kcal, Fat 7g, Carbs 95g, Proteins 11g



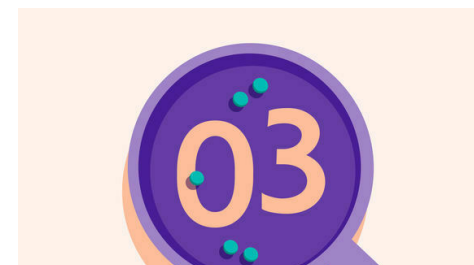
#### 1. Cook noodles

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



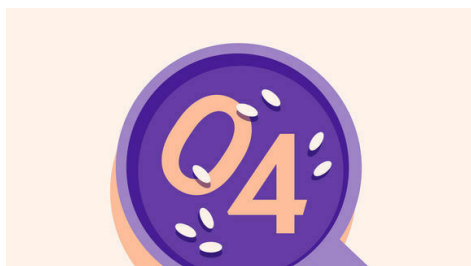
#### 2. Prep ingredients

Halve **onion**; cut into ½-inch pieces. Scrub and trim **carrots**; thinly slice diagonally. Trim stem ends from **green beans**; cut or break in half. Finely chop 1½ **teaspoons** **garlic**.



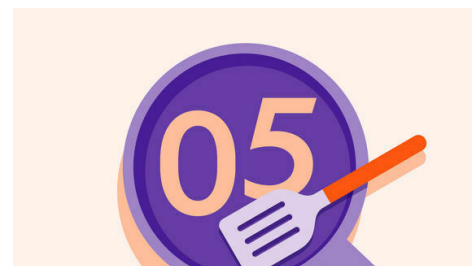
#### 3. Prep sauce

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



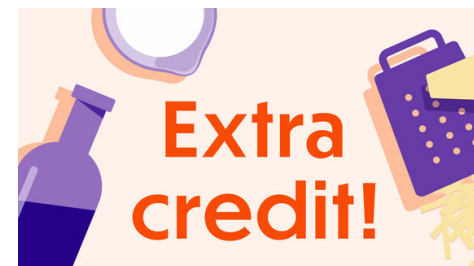
#### 4. Sauté vegetables

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 crisp-tender and lightly browned in spots, 4–5 minutes. Add **onion** and **chopped garlic**; cook until fragrant and onion is slightly softened, 1–2 minutes.



#### 5. Finish & serve

Add **sauce** to skillet, stirring to scrape up any browned bits. Add **udon noodles**; cook, tossing, until noodles are heated through and evenly coated in sauce, 1–2 minutes. Season to taste with **salt** and **pepper**. Enjoy!



#### 6. Add some eggs!

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