

# MARLEY SPOON



## Udon Noodle Soup

with Chicken & Vegetables



ca. 20min



2 Servings

Slurpy, chewy, and satisfying, this udon noodle soup comes together in a flash but tastes like it has been simmering for hours! We make a savory broth with pork ramen base, tamari, and mushrooms, then simmer chicken breasts and carrots until tender. Thick udon noodles soak up the umami-rich flavors before we sprinkle on shichimi togarashi, a mildly hot Japanese spice blend.



## What we send

- 1 small bag carrots
- garlic
- 4 oz mushrooms
- 10 oz pkg chicken breast strips
- ½ oz tamari soy sauce <sup>1</sup>
- 1½ oz pork ramen base <sup>1,2</sup>
- 11 oz fresh udon noodles <sup>2</sup>
- 5 oz baby spinach
- ¼ oz shichimi togarashi <sup>3</sup>

## What you need

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

## Tools

- medium pot with a lid

## Allergens

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

## Nutrition per serving

Calories 490kcal, Fat 12g, Carbs 53g, Protein 45g



### 1. Prep ingredients

Halve **carrot** lengthwise, and slice into ¼-inch thick half moons. Finely chop **2 teaspoons garlic**. Cut **mushrooms** into ¼-inch thick slices.

Pat **chicken** dry and season all over with **salt** and **pepper**.



### 2. Cook chicken & veggies

Heat **1 tablespoon oil** in a medium pot over medium-high. Add **chicken** and cook until just starting to brown (will not be cooked through), 3-5 minutes, flipping halfway.

Add **carrots** and **mushrooms**; cook, stirring frequently, until carrots just start to soften, 2-4 minutes more. Add **garlic** and cook, stirring, until fragrant, about 30 seconds.



### 3. Build broth

Add **3 cups water** to the pot and bring to a simmer, scraping up any bits from the bottom. Add **tamari**, **ramen base**, and **½ teaspoon sugar**. Cover, reduce heat to medium, and simmer until **carrots** are knife tender, 8-10 minutes.



### 4. Cook noodles

Uncover pot and increase heat to medium-high. Add **noodles** to soup and cook, breaking noodles up with a spoon, until just tender, 1-2 minutes. Stir in **spinach** until wilted.



### 5. Finish soup

Stir in **½ teaspoon vinegar**. Season **broth** to taste with **salt** and **pepper**. Spoon into bowls and top with **shichimi togarashi**, if desired.



### 6. Serve

Enjoy!