



Ponzu Ramen Noodle Bowl with Edamame:

Martha Stewart & Marley Spoon Does Lunch



ca. 20min



2 Servings

The quality of the day hinges on the quality of lunch. There are no hours, only Before Lunch and After Lunch. So, whether you're at home, or at work (or if that's the same place) - treat yourself! Put down the instant noodles! Unhand the soggy sandwich! This umami-laden ramen noodle bowl is everything lunch should be: easy, quick, light enough to not weigh you down, but filling enough to keep you going until dinnertime!

What we send

- 4 oz carrot
- 2 oz red radishes
- garlic
- ¼ oz fresh cilantro
- 3.6 oz ponzu sauce ⁶
- 2½ oz edamame ⁶
- 6 oz chuka soba noodles ¹
- ½ oz toasted sesame oil ¹¹
- ¼ oz mixed sesame seeds ¹¹

What you need

- sugar
- kosher salt & ground pepper

Tools

- large pot

Allergens

Wheat (1), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 570kcal, Fat 10g, Carbs 96g, Proteins 18g



1. Prep ingredients

Bring a large pot of **salted water** to a boil. Scrub **carrot** (peel, if desired), then halve crosswise and slice into thin match sticks. Halve **radishes**, then slice into thin half-moons. Finely chop **1 teaspoon garlic**. Pick **cilantro leaves** from **stems**; finely chop stems and set leaves aside in a damp paper towel until step 6.



4. Drain edamame & noodles

Drain **edamame and noodles**; rinse under cold water, then drain again.



2. Make sauce

In a large bowl, stir to combine **all of the ponzu sauce, chopped garlic, cilantro stems, and a pinch of sugar**.



5. Combine ingredients

To bowl with **sauce**, add **edamame, noodles, carrots, and radishes**; toss to combine ingredients until completely coated with sauce. Season to taste with **salt and pepper**.



3. Cook edamame & noodles

Add **noodles** and **edamame** to boiling water. Cook, stirring occasionally to prevent sticking, until al dente, about 5 minutes.



6. Finish & serve

Serve **noodles** with **sesame oil** drizzled on top. Garnish with **mixed sesame seeds** and **whole cilantro leaves**. Enjoy!