





## Fast! Japanese Curry Plant Chicken with Udon

 ca. 20min  2 Servings

Comfort in a bowl, this Japanese curry comes together fast but tastes like it's been simmering for hours! We create a savory broth with curry powder, soy sauce, and mirin (a sweet rice wine), then add plant-based chicken and fresh vegetables. Cooking raw flour in butter makes a roux, which thickens the curry and gives it a rich, nutty flavor. Udon noodles soak up the curry sauce and provide a satisfying chew.



## What we send

- 1 yellow onion
- 1 carrot
- 2 (¼ oz) curry powder
- 2 (½ oz) tamari soy sauce <sup>6</sup>
- 1 pkt vegetable broth concentrate
- ¼ oz mushroom seasoning
- 8 oz pkg plant-based chicken <sup>6</sup>
- 3 oz baby spinach
- 10 oz fresh udon noodles <sup>1</sup>

## What you need

- 4 Tbsp unsalted butter <sup>7</sup>
- ¼ c all-purpose flour <sup>1</sup>
- sugar
- kosher salt & ground pepper

## Tools

- 2 medium saucepans
- colander or fine-mesh sieve

## Allergens

Wheat (1), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 680kcal, Fat 27g, Carbs 79g, Protein 35g



### 1. Prep ingredients

Bring a medium saucepan of water to a boil. Thinly slice **half the onion** (save rest for own use). Trim **carrot**, then cut on an angle into ¼-inch thick slices.



### 2. Make curry roux

In 2nd medium saucepan, melt **4 tablespoons butter** over medium-low heat; add **¼ cup flour**. Cook, whisking constantly, until flour is golden brown with a color similar to peanut butter, 4-6 minutes. Add **4 teaspoons curry powder**; cook, whisking constantly until fragrant, about 1 minute.



### 3. Cook broth

To the **roux**, gradually add **3 cups water**, whisking constantly, to prevent lumps. Stir in **tamari, chicken broth concentrate, half of the mushroom seasoning**, and **1 tablespoon sugar**. Bring to a boil over high heat.



### 4. Cook plant chicken & veg

Add **plant-based chicken, onion, and carrots** to **broth**. Reduce heat to medium-low and simmer until vegetables are tender, 5-7 minutes. Stir in **spinach** until wilted. Season broth to taste with **salt** and **pepper**, if necessary.



### 5. Cook noodles

Add **noodles** to saucepan with boiling water and cook, stirring to separate, 1-2 minutes. Drain noodles.



### 6. Finish & serve

Divide **noodles** between bowls. Spoon **plant-based chicken, vegetables, and broth** over noodles. Enjoy!