

MARLEY SPOON



Teriyaki Veggie Stir-Fry with Cellophane Noodles & Sesame Seeds

 20-30min  2 Servings

Cellophane (also known as bean thread or glass noodles) are a key ingredient in Chinese cooking but can be found in Korean, Japanese, and Southeast Asian cuisine. Once cooked, they become crystal clear—like glass. They have a delightfully sticky texture, making them the perfect addition to soups, salads, and stir-fry dishes.

What we send

- 2 (2 oz) cellophane noodles
- 1 carrot
- 1 bell pepper
- 2 scallions
- 2 (2 oz) teriyaki sauce ^{2,3}
- ½ oz toasted sesame oil ⁴
- ¼ oz fresh cilantro
- ¼ oz pkt toasted sesame seeds ⁴
- 4 oz mushrooms
- garlic

What you need

- 2 large eggs ¹
- neutral oil
- kosher salt & ground pepper

Tools

- large pot
- fine-mesh sieve
- large nonstick skillet

Allergens

Egg (1), Soy (2), Wheat (3), Sesame (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 570kcal, Fat 26g, Carbs 71g, Protein 15g



1. Cook noodles

Bring a large pot of water to a boil. Add **noodles** to boiling water and cook, stirring to prevent sticking, until tender, about 3 minutes. Drain in a fine-mesh sieve, then rinse under cool running water. Use kitchen shears to cut noodles into smaller pieces. Set aside until step 5.



4. Cook mushrooms & peppers

Heat **1 tablespoon neutral oil** in same skillet over high until shimmering. Add **mushrooms** and **peppers**, and cook, stirring occasionally, until peppers are softened and mushrooms are golden brown, about 5 minutes. Season to taste with **salt** and **pepper**.



2. Prep vegetables

Meanwhile, trim stems from **mushrooms**, then thinly slice caps. Scrub **carrot**, then halve crosswise and cut lengthwise into ¼-inch slices. Stack slices and cut crosswise into thin matchsticks. Halve **pepper**, discard stem and seeds, then cut into thin strips. Finely chop **2 teaspoons garlic**. Trim **scallions**, then thinly slice.



5. Stir-fry noodles

Add **carrots**, **garlic**, and **all but 2 tablespoons of the scallions** to skillet with **veggies**. Cook, stirring, until carrots are crisp-tender, about 3 minutes. Add **teriyaki sauce**, **sesame oil**, and **¼ cup water** to skillet. Bring to a simmer. Remove from heat, then add **eggs** and **noodles**, tossing to coat in sauce. Season to taste with **salt** and **pepper**.



3. Scramble eggs

Beat **2 large eggs** in a small bowl. Heat **2 teaspoons neutral oil** in a large nonstick skillet over medium-high. Add eggs and cook, stirring gently to form soft curds, until scrambled, 1 minute. Transfer to a plate and break into larger pieces; set aside until step 5. Wipe out skillet, if necessary.



6. Finish & serve

Coarsely chop **cilantro leaves and stems**. Add **half each of the cilantro and sesame seeds** to **noodles** in skillet, tossing to combine. Serve **veggie stir-fry** sprinkled with **remaining cilantro, scallions**, and **sesame seeds**. Enjoy!