

# MARLEY SPOON



## Udon Noodle Salad

with Grilled Eggplant & Tomato

 30-40min  2 Servings

We've borrowed this recipe from "Martha Stewart's Grilling" cookbook. If you don't have a grill or grill pan, preheat broiler with top rack 6 inches from heat source. Place eggplant and tomatoes on a rimmed baking sheet and broil on top oven rack until lightly browned and tender, flipping once, about 5 minutes.



## What we send

- udon noodles <sup>1</sup>
- Italian eggplant
- plum tomatoes
- tamari soy sauce <sup>6</sup>
- toasted sesame oil <sup>11</sup>
- lemon
- fresh cilantro
- roasted, salted cashews <sup>15</sup>
- scallions

## What you need

- kosher salt & ground pepper
- sugar

## Tools

- colander
- saucepan

## Allergens

Wheat (1), Soy (6), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 620kcal, Fat 26g, Carbs 86g, Protein 18g



### 1. Prep ingredients

Bring a large saucepan of **salted water** to a boil. Trim and discard end from **eggplant**, then cut crosswise into ½-inch thick rounds. Halve **tomato**. Finely chop **cilantro leaves and stems** together. Coarsely chop **cashews**. Trim ends from **scallions**, then thinly slice on an angle, keeping **dark greens** separate.



### 4. Make dressing

Squeeze **1 ½ tablespoons lemon juice** into a large bowl. Add **tamari, sesame oil, scallion whites and light greens, 1 tablespoon neutral oil, ⅔ of the cilantro, a pinch of sugar, and a few grinds pepper**; whisk to combine. Season to taste with **salt**.



### 2. Cook udon noodles

Add **udon noodles** to boiling water and cook, stirring occasionally to prevent clumping, until just tender, about 5 minutes. Drain, rinse with cold water, and drain again. Toss noodles with **1 teaspoon neutral oil** to prevent them from sticking. Set noodles aside until step 5.



### 5. Finish noodles

Cut **grilled eggplant** into ½-inch cubes. Coarsely chop **grilled tomatoes**. Add eggplant, tomatoes, and **noodles** to bowl with **dressing**, and toss to combine.



### 3. Grill eggplant & tomatoes

Heat a grill or grill pan to medium-high until very hot. Brush both sides of **eggplant** and **tomatoes** with **neutral oil**, then season both with **a pinch of salt** and **a few grinds pepper**. Add to grill or grill pan and cook, flipping once, until vegetables are tender and charred, 2-4 minutes per side.



### 6. Serve

Serve **udon noodle salad** topped with **scallion dark greens, chopped cashews, and remaining cilantro**. Enjoy!