

DINNERLY



Udon Noodle Stir-Fry with Spinach & Broccoli



20-30min



2 Servings

Thanks to us, you don't have to feel bad about eating noodles for the fourth day in a row. You know why? Because we've strategically added two bright green, nutrient-laden veggies that perfectly round out this stir-fry. But tossed with sesame seeds and stir-fry sauce, it'll be a big hit with your tastebuds too. We've got you covered!

WHAT WE SEND

- 1 oz fresh ginger
- ½ lb broccoli
- 7 oz udon noodles ¹
- 5 oz baby spinach
- 3 oz stir-fry sauce ^{2,1}
- ¼ oz pkt toasted sesame seeds ³

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- neutral oil
- apple cider vinegar (or vinegar of your choice)

TOOLS

- large saucepan
- microplane or grater
- microwave
- medium nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 590kcal, Fat 18g, Carbs 95g, Protein 15g

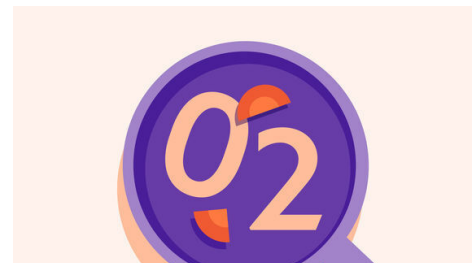


1. Prep ingredients

Bring a large saucepan of **salted water** a boil.

Finely grate **1 teaspoon each of garlic and ginger**.

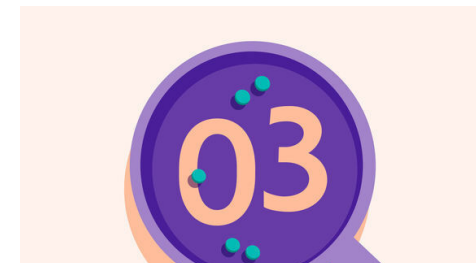
Cut **broccoli** into 1-inch florets, if necessary. Transfer to a bowl and cover with a damp paper towel; microwave until just tender, 2–4 minutes. Drain any excess water.



2. Cook noodles & broccoli

Add **noodles** to boiling **salted water** and cook, 5 minutes. Place **spinach** in a large colander; drain noodles over spinach to wilt.

Meanwhile, heat **2 tablespoons oil** in a medium nonstick skillet over medium-high. Add **broccoli** and season with **salt** and **pepper**. Cook, stirring occasionally, until charred, 3–5 minutes.



3. Finish & serve

Reduce heat to medium; add **garlic and ginger, stir-fry sauce, 2 tablespoons water, and ½ teaspoon vinegar**. Bring to a simmer. Add **spinach and noodles** and toss until well coated and warmed through, about 1 minute. Season to taste with **salt** and **pepper**.

Serve **udon noodle stir-fry** topped with **sesame seeds**. Enjoy!



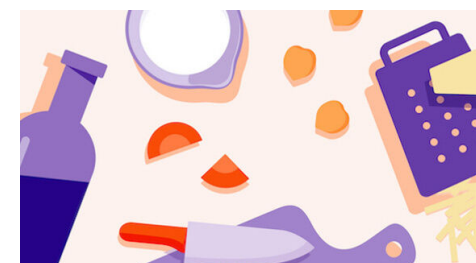
4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!