



Japanese Noodle Salad with Sesame Dressing



ca. 20min



2 Servings

There's something about this salad...just looking at it soothes the soul, not to mention our stomachs. This is our vegetarian take on hiyashi chuka, AKA a Japanese cold noodle salad that has us feeling calm, cool, and collected. Fresh corn on the cob, cucumber, tomato, scallions, and eggs just need a toss in a quick sesame dressing before it's ready to slurp up. **268**

We've got you covered!

WHAT WE SEND

- 7 oz udon noodles ²
- 1 ear of corn
- 1 cucumber
- 1 plum tomato
- 2 scallions
- 2 (1 oz) tahini ³
- 2 (1.8 oz) ponzu sauce ⁴

WHAT YOU NEED

- kosher salt
- sugar
- 2 large eggs ¹
- neutral oil

TOOLS

- medium saucepan
- microwave
- medium nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 820kcal, Fat 27g, Carbs 124g,
Protein 24g



1. Cook noodles

Bring a medium saucepan of **salted water** to a boil. Add **noodles**; cook, stirring occasionally, until al dente and noodles come apart, about 5 minutes. Drain and set aside until step 5.



2. Prep ingredients

Shuck **corn**; remove any strings. Wrap in a damp paper towel. Microwave on high until tender, 3–4 minutes. Let cool, then carefully cut kernels from cob.

Peel **cucumber**, if desired; cut half of the cucumber into thin matchsticks (save rest for own use). Halve **tomato** and thinly slice. Trim **scallions**; thinly slice on an angle.



3. Mix sesame dressing

In a large bowl, whisk together **all of the tahini**, **3 tablespoons sugar**, and **2 tablespoons water** until smooth and creamy. Whisk in **all of the ponzu sauce** until combined.



4. Cook omelette

In a small bowl, beat **2 large eggs** with **2 teaspoons sugar** and **¼ teaspoon salt**.

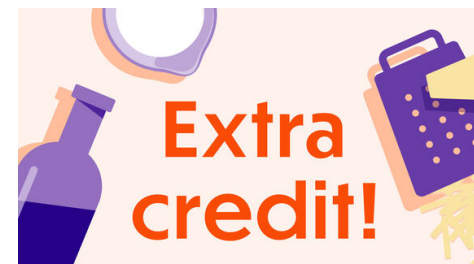
In a medium nonstick skillet, heat **1 teaspoon oil** over medium. Add egg mixture; swirl to coat skillet, then lower heat to medium-low. Cover and cook until eggs are set but still shiny, 3–4 minutes. Slide onto a cutting board and let cool; roll and cut into thin ribbons.



5. Assemble & serve

Add **noodles** to bowl with **dressing** and mix well to coat. Divide noodles between bowls; top with **corn**, **cucumbers**, **tomatoes**, **scallions**, and **omelette**.

Serve **noodle salad** drizzled with **any remaining dressing** in bowl. Enjoy!



6. Take it to the next level

We made this a meatless meal on purpose, but if you have carnivores at the table, try adding some shrimp or thinly sliced ham.