

DINNERLY



Stir-Fried Udon Noodles with Green Beans & Japanese-Style Sauce



20-30min



2 Servings

What are our thoughts on a quick weeknight stir-fry? We love it so much, UDON even know. Inspired by popular stir-fried noodles in Japan, we're cooking ours with green beans, scallions, and ginger. The chewy noodles are coated in a teriyaki sauce and finished with toasted sesame seeds for a nutty crunch with every bite. We've got you covered!

WHAT WE SEND

- 1 oz fresh ginger
- garlic (use 2 large cloves)
- 1 oz scallions
- ½ lb green beans
- 7 oz udon noodles¹
- toasted sesame seeds¹¹
- 1 pkt teriyaki sauce^{1,6}

WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil
- apple cider vinegar (or white wine vinegar)

TOOLS

- medium pot
- medium nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 540kcal, Fat 19g, Carbs 80g, Protein 19g



1. Prep veggies

Bring a medium pot of **salted water** to a boil. Peel and finely chop **1 tablespoon ginger**. Peel and thinly slice **2 large garlic cloves**. Trim **scallions**, then cut into 1-inch pieces. Trim ends from **green beans**, then cut or snap in half.



2. Cook udon noodles

Add **udon noodles** to boiling water and cook, stirring occasionally to prevent sticking, until just tender, 4–5 minutes. Drain noodles, rinse under cold water, and drain well again.



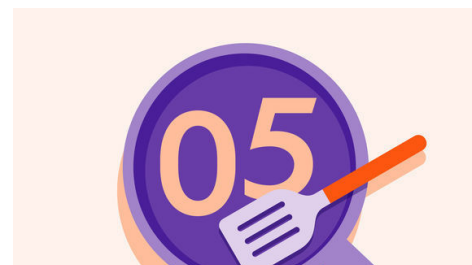
3. Stir-fry green beans

Meanwhile, heat **2 tablespoons oil** in a medium nonstick skillet over medium-high. Add **green beans** and cook, stirring occasionally, until tender and browned in spots, about 4 minutes. Season to taste with **salt** and **pepper**.



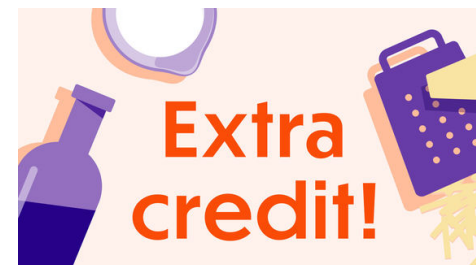
4. Add aromatics

Add **scallions**, **chopped ginger**, **sliced garlic**, and **half of the sesame seeds** to skillet with **green beans**. Cook over medium-high, stirring occasionally, until fragrant, about 2 minutes.



5. Finish stir-fry & serve

Add **teriyaki sauce**, **noodles**, **½ cup water**, and **2 teaspoons vinegar** to skillet with **green beans**, tossing to combine. Cook over medium-high, stirring until **sauce** coats **noodles and green beans**, 1–2 minutes. Season to taste with **salt** and **pepper**. Serve **stir-fried udon noodles** sprinkled with **remaining sesame seeds**. Enjoy!



6. Make it meaty!

This is veggie by design, but Dinnerly is a judgement-free zone. If you want to top this with grilled chicken breast or shrimp—or even a soft-boiled egg—go for it!