



## Udon Noodle Salad

with Grilled Eggplant & Tomato



30-40min



2 Servings

The smoky char of fresh veggies is the perfect complement to savory udon noodles. If you don't have a grill or grill pan, preheat the broiler with a rack in the top position. Place eggplant and tomatoes on a rimmed baking sheet. Broil on the top oven rack until tender and lightly charred, carefully flipping once, about 5 minutes total.



## What we send

- 1 Italian eggplant
- 1 plum tomato
- ¼ fresh cilantro
- 1 oz roasted cashews <sup>15</sup>
- 1 oz scallions
- 7 oz udon noodles <sup>1</sup>
- 1 lemon
- 2 oz tamari soy sauce <sup>6</sup>
- ½ oz toasted sesame oil <sup>11</sup>

## What you need

- kosher salt & ground pepper
- neutral oil
- sugar

## Tools

- large saucepan
- grill or grill pan

## 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 550kcal, Fat 15g, Carbs 90g, Proteins 17g



### 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 tender 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 **all of the tamari, sesame oil, scallion whites and light greens, 1 tablespoon neutral oil, ⅔ of the cilantro, a pinch of sugar, and a few grinds of pepper**; whisk to combine. Season to taste with **salt**.



### 2. Cook noodles

Add **noodles** to saucepan with boiling **salted 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 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 of 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!