

Japanese Pan Noodles

Jacob · 29/09/2024



Prep Time

50 mins

Difficult

Medium

Servings

4

Description

This is a great recipe to make any time Lots of flavor Top with cilantro and bean sprouts

Ingredients

- - 1 (10 ounce) package fresh udon noodles - ½ teaspoon sesame oil
- divided
- or to taste - 2 cups chopped broccoli - ½ green bell pepper
- cut into matchsticks - 2 small carrots
- cut into matchsticks
- or to taste - ½ zucchini
- thinly sliced - 2 tablespoons soy sauce - 2 tablespoons mirin (Japanese sweet wine) - 1 tablespoon chili-garlic sauce - ¾ teaspoon minced ginger

Instructions

1. Bring a large pot of lightly salted water to a boil. Cook udon in boiling water
2. stirring occasionally
3. until noodles are tender yet firm to the bite
4. 10 to 12 minutes. Drain and rinse with cold water. Stir in a few drops of sesame oil. Heat the remaining sesame oil in a large skillet over medium heat. Cook broccoli until bright green and still crunchy
5. about 5 minutes. Add green bell pepper and carrots; cook and stir until slightly softened
6. about 2 minutes. Add zucchini; cook until slightly softened
7. about 2 minutes more. Add soy sauce
8. mirin
9. chili-garlic sauce
10. and ginger; stir to combine. Mix in the noodles; cook and stir until noodles absorb some of the sauce
11. 1 to 2 minutes more. Cook's Note You can use any vegetables; I like adding bamboo shoots
12. bok choy
13. and onion. You can also add any protein.