

Seared Cod & Fresh Udon Noodles

with Shiitake Mushrooms, Green Beans & Furikake

Delightfully chewy and fun to eat, udon readily soaks up delicious broths and sauces alike. Here, we're stir-frying the noodles with a delectable combination of tangy ponzu, nutty sesame oil and traditional Asian aromatics. Together with snappy green beans, earthy shiitakes and napa cabbage, they create a flavorful base for flaky seared cod. To top it all off, a sprinkling of furikake—a Japanese seasoning made with dried seaweed and sesame seeds—gives the dish an umami boost.



Blue Apron Wine Pairings

Pax White Wine Blend, 2015

Sort This Out Muscat Canelli, 2014



Ingredients

- 4 Cod Fillets
- 1 Pound Fresh Udon Noodles
- 5 Ounces Green Beans
- 2 Scallions
- ½ Pound Shiitake Mushrooms
- ½ Pound Napa Cabbage

Knick Knacks

- 2 Tablespoons Sesame Oil
- 1 1-Inch Piece Ginger
- 1 Teaspoon Furikake
- ½ Cup Ponzu Sauce
- ¼ Cup Rice Flour

Makes: 4 servings | **Calories:** about 595 per serving

Prep Time: 15 minutes | **Cook Time:** 25–35 minutes



For cooking tips & tablet view, visit blueapron.com/recipes/fp304

Recipe #304

Instructions

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1



Prepare the ingredients:

Wash and dry the fresh produce. Cut off and discard the mushroom stems; thinly slice. Snap off and discard the stem ends of the green beans; carefully slice in half lengthwise. Peel and finely chop the ginger. Cut off and discard the root ends of the scallions; thinly slice the scallions on an angle, separating the white bottoms and green tops. Cut out and discard the cabbage core; thinly slice the leaves.

2



Brown the mushrooms:

In a large pot, heat 1 tablespoon of olive oil on medium-high until hot. Add the **mushrooms** and cook, stirring occasionally, 3 to 5 minutes, or until lightly browned and crispy. Season with salt and pepper.

3



Add the green beans:

Add the **green beans** to the pot of mushrooms; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until the green beans are bright green and slightly softened.

4



Add the vegetables, noodles & sauce:

Add the **sesame oil**, **ginger** and **white bottoms of the scallions** to the pot; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **cabbage** and cook, stirring occasionally, 2 to 3 minutes, or until wilted. Using your hands, carefully separate the **noodles**; add the noodles, **ponzu sauce** and $\frac{1}{4}$ **cup of water** to the pot. Cook, stirring occasionally, 2 to 3 minutes, or until thoroughly combined and heated through. Season with salt and pepper to taste. Divide between 4 bowls and set aside in a warm place.

5



Coat & cook the cod:

Place the **flour** on a plate. Pat the **cod fillets** dry with paper towels; season with salt and pepper on both sides. Coat 1 side of each seasoned fillet in the flour (tapping off any excess). In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the fillets, coated sides down; cook 3 to 5 minutes on the first side, or until golden brown. Flip and cook 2 to 3 minutes, or until cooked through. Transfer to a paper towel-lined plate and immediately season with salt and pepper.

6



Plate your dish:

Top the bowls of **finished noodles** with the **cooked cod fillets**. Garnish with the **green tops of the scallions** and as much of the **furikake** as you'd like. Enjoy!