

# Summer Udon Noodle Salad

*with Cherry Tomatoes, Corn & Summer Sweet Pepper*

A summer classic, simple, savory noodle salads always hit the spot. For this quick, Japanese-inspired dish, we're combining delectably chewy udon noodles with a sauté of sweet pepper, fresh corn and traditional aromatics—all brought together with a citrusy ponzu-based sauce. Stirred in just before serving, plump cherry tomatoes and tender baby kale create another layer of bright flavor and refreshing texture. We're garnishing each bowl with furikake—a popular Japanese condiment made from a blend of seaweed and sesame seeds—for a bit of toasted crunch.

## Blue Apron Wine Pairings

Uvaggio Vermentino, 2015

Marius Roux Chenin Blanc, 2015



## Ingredients

- 1 Pound Fresh Udon Noodles
- 6 Ounces Cherry Tomatoes
- 2 Ounces Baby Kale
- 2 Scallions
- 1 Cucumber
- 1 Ear of Corn
- 1 Summer Sweet Pepper

## Knick Knacks

- 2 Tablespoons Mirin
- 1 1-Inch Piece Ginger
- 1 Tablespoon Sesame Oil
- 1 Teaspoon Furikake
- ¼ Cup Ponzu Sauce

**Makes:** 2 servings | **Calories:** about 840 per serving

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





1



## Prepare the ingredients:

Wash and dry the fresh produce. Cut out and discard the stem, ribs and seeds of the pepper; cut crosswise into ¼-inch-thick pieces. Remove and discard the husks and silks of the corn. Cut the corn kernels off the cob; discard the cob. Cut off and discard the root ends of the scallions; thinly slice on an angle, separating the white bottoms and green tops. Peel and mince the ginger. Halve the cucumber lengthwise; using a spoon, scoop out and discard the seeds. Thinly slice the cucumber crosswise. Quarter the tomatoes; place in a bowl and season with salt and pepper.

2



## Make the sauce:

In a bowl, stir together the **ponzu sauce**, **mirin**, **half the sesame oil** and **2 tablespoons of water**.

3



## Cook the pepper:

In a large, high-sided pan (or pot), heat 2 teaspoons of olive oil on medium-high until hot. Add the **pepper** and season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.

4



## Add the corn & aromatics:

Add the **corn**, **white bottoms of the scallions**, **ginger** and **remaining sesame oil** to the pan; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened and fragrant.

5



## Add the noodles & sauce:

Add the **noodles** (carefully separating with your hands before adding) and **sauce** to the pan. Cook, stirring occasionally, 1 to 2 minutes, or until thoroughly combined and heated through. Remove from heat.

6



## Finish & plate your dish:

Off the heat, add the **kale**, **cucumber** and **seasoned tomatoes** to the pan. Stir to thoroughly combine and season with salt and pepper to taste. Divide the finished noodles between 2 dishes. Garnish with the **green tops of the scallions** and **furikake**. Enjoy!