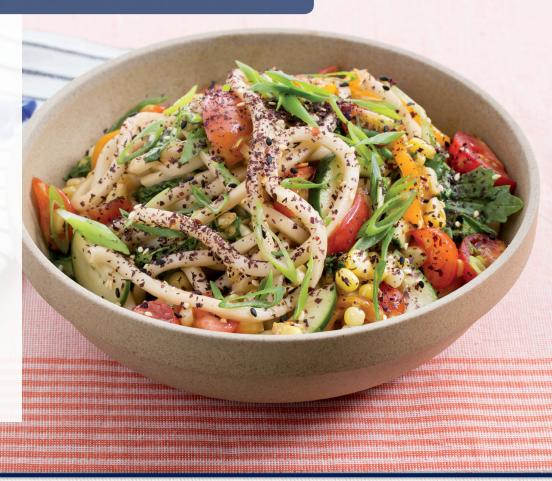
Summer Udon Noodle Salad

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
- 1/4 Cup Ponzu Sauce

Makes: 2 servings | Calories: about 840 per serving Prep Time: 15 minutes | Cook Time: 15–25 minutes





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.



Make the sauce:

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



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.



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.



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.



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!