

Seared Cod & Udon Noodles

with Shiitake Broth & Togarashi-Spiced Cucumber

This quick, easy recipe makes the most of late-season cucumber—simply by slicing it up and marinating it with vinegar, sesame oil and Japanese spices (including dried orange peel and poppy seeds). Our cucumber and radishes provide a refreshing topping for flaky cod and hearty, tender udon noodles, which get plenty of umami flavor from dried shiitake mushrooms. (The water used to rehydrate the mushrooms doubles as a base for the delicious broth.)

Blue Apron Wine Pairings

Lauren Rosillo Macabeo, 2015

As de Copas Verdejo/Sauvignon Blanc, 2014



Ingredients

- 2 Cod Fillets
- ½ Pound Fresh Udon Noodles
- 3 Radishes
- 2 Stalks Celery
- 1 Persian Cucumber
- 1 Scallion

Knick Knacks

- 2 Tablespoons Rice Vinegar
- 2 Tablespoons Sesame Oil
- 1 1-Inch Piece Ginger
- ½ Ounce Dried Shiitake Mushrooms
- ½ Teaspoon Togarashi Spice Blend
(Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds)

Makes: 2 servings | **Calories:** about 760 per serving
Prep Time: 10 minutes | **Cook Time:** 15–25 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/988

1



Prepare the ingredients:

Wash and dry the fresh produce. In a bowl, combine the **mushrooms** and **1 cup of hot water**; let stand for at least 10 minutes. Thinly slice the cucumber into rounds and place in a medium bowl. Peel and mince the ginger. Cut off and discard the root end of the scallion; thinly slice on an angle, separating the white bottom and green top. Thinly slice the celery on an angle. Cut off and discard the ends of the radishes; thinly slice into rounds.

2



Marinate the cucumber:

To the bowl of **cucumber**, add the **vinegar**, **half the sesame oil**, **half the ginger** and **as much of the spice blend as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Set aside to marinate, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.

3



Make the broth:

While the cucumber marinates, in a large pot, heat the **remaining sesame oil** on medium-high until hot. Add the **remaining ginger** and cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **celery**, **white bottom of the scallion** and **mushrooms and mushroom water**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until the celery is slightly softened.

4



Add the noodles:

Add the **noodles** (carefully separating with your hands before adding) to the pot and cook, stirring frequently, 2 to 3 minutes, or until thoroughly combined and heated through. Season with salt and pepper to taste. Divide between 2 bowls and set aside in a warm place.

5



Cook the cod & plate your dish:

Pat the **cod fillets** dry with paper towels; season with salt and pepper on both sides. In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned fillets and cook 3 to 5 minutes on the first side, or until lightly browned. Flip and cook 1 to 2 minutes, or until cooked through. Divide between the bowls of **broth and noodles**. Garnish with the **marinated cucumber** (including the marinating liquid), **radishes** and **green top of the scallion**. Enjoy!