

Sweet & Spicy Udon Stir-Fry

with Cabbage, Peppers & Soft-Boiled Eggs

2 SERVINGS


⌚ 20-30 MINS

 **Blue Apron**
blueapron.com



Hearty, delightfully chewy udon noodles are a Japanese comfort food staple perfect for pairing with umami-rich sauces like the combo of hoisin, soy sauce, sambal oelek, and more that we're using in this dish.

Ingredients

- | | |
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|  2 Pasture-Raised Eggs |  1 Tbsp Soy Sauce |
|  ½ lb Fresh Udon Noodles* |  2 Tbsps Hoisin Sauce |
|  4 oz Sweet Peppers |  1 Tbsp Sambal Oelek |
|  2 Scallions |  1 Tbsp Rice Vinegar |
|  2 cloves Garlic |  2 Tbsps Vegetable Demi-Glace |
|  ½ lb Green or Red Cabbage |  3 Tbsps Roasted Peanuts |

*previously frozen

Wellness at Blue Apron

To find out more about Wellness at Blue Apron visit us at blueapron.com/pages/wellness

VEGETARIAN

600 CALORIES OR LESS



Serve a bottle of Blue Apron wine with this symbol: Zesty & Tropical.
blueapron.com/wine

1 Prepare the ingredients & make the sauce

- Remove the **noodles** from the refrigerator to bring to room temperature.
- Fill a small pot $\frac{3}{4}$ of the way up with water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Cut off and discard the stems of the **peppers**; remove the cores, then thinly slice lengthwise.
- Peel and roughly chop **2 cloves of garlic**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- In a bowl, combine the **sliced peppers, chopped garlic, and sliced white bottoms of the scallions**.
- Cut out and discard the core of the **cabbage**; thinly slice the leaves.
- Roughly chop the **peanuts**.
- In a separate bowl, combine the **soy sauce, hoisin sauce, vinegar, demi-glace, and as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be. Taste, then season with salt and pepper if desired.



2 Cook the eggs

- Carefully add the **eggs** to the pot of boiling water and cook 7 minutes for soft-boiled, or until your desired degree of doneness.
- Drain thoroughly and rinse under cold water 30 seconds to 1 minute to stop the cooking process.
- When cool enough to handle, peel the cooked eggs. Season with salt and pepper.



3 Start the stir-fry

- Meanwhile, in a large pan (nonstick, if you have one), heat **1 teaspoon of olive oil** on medium-high until hot.
- Add the **prepared pepper mixture**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **sliced cabbage**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened.



4 Finish the stir-fry & serve your dish

- Meanwhile, using your hands, carefully separate the **noodles**.
- To the pan of **cooked vegetables**, add the **noodles and sauce** (carefully, as the liquid may splatter). Cook, stirring constantly, 2 to 3 minutes, or until thoroughly combined and the noodles are heated through.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **finished stir-fry** topped with the **seasoned eggs**. Garnish with the **chopped peanuts and sliced green tops of the scallions**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: 560, Total Carbohydrates: 72g, Dietary Fiber: 5g, Added Sugars: 9g, Total Fat: 20g, Saturated Fat: 3.5g, Protein: 22g, Sodium: 1910mg.

**See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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