

Our spin on classic cold sesame noodles features an umami-rich sauce of tahini, soy sauce, spicy sambal oelek, and more—finished with a soft-boiled egg and a pinch of togarashi for an extra boost of savory flavor.

#### **Ingredients**

- ½ lb Fresh Ramen Noodles\*
  - 2 Pasture-Raised Eggs
- 10 oz Baby Bok Choy
- 6 oz Carrots
- 1 Tbsp Sambal Oelek
- 2 Tbsps Soy Sauce

- ¼ cup Tahini
- 1 Tbsp Sesame Oil
- 1 Tbsp Sugar
- 1 Tbsp Rice Vinegar
- 1 Tbsp Togarashi Seasoning\*\*

#### \*previously frozen

<sup>\*\*</sup>Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds



# Wellness at Blue Apron

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**VEGETARIAN** 

#### Prepare the ingredients & make the sauce

- Fill a medium pot ¾ of the way up salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Cut off and discard the root ends of the **bok choy**; thinly slice crosswise.
- Peel the **carrots** and grate on the large side of a box grater.
- In a large bowl, combine the tahini, soy sauce, sugar, 2 table-spoons of water, and as much of the sambal oelek as you'd like, depending on how spicy you'd like the dish to be. Whisk until the sugar has dissolved.

# 2 Marinate the vegetables

- In a large bowl, combine the sliced bok choy, grated carrots, sesame oil, and vinegar; season with salt and pepper.
- Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.



### 3 Cook the eggs

- Meanwhile, carefully add the eggs to the pot of boiling water. Cook 7 minutes for soft-boiled, or until your desired degree of doneness.
- Leaving the pot of water boiling, using a slotted spoon or tongs, transfer the cooked eggs to a strainer 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.

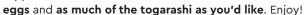
# 4 Cook & cool the noodles

- Add the noodles to the same pot of boiling water, stirring gently to separate.
   Cook, stirring occasionally, 2 to 3 minutes, or until tender.
- Drain thoroughly and rinse under cold water 30 seconds to 1 minute to prevent sticking and cool the noodles.



### 5 Finish the noodles & serve your dish

- Add the cooled noodles and marinated vegetables (including any liquid) to the bowl of sauce; stir to thoroughly combine. Taste, then season with salt and pepper if desired.
- Serve the **finished noodles** topped with the **seasoned**







Calories: 760, Total Carbohydrates: 91g, Dietary Fiber: 10g, Added Sugars: 7g, Total Fat: 32g, Saturated Fat: 6g, Protein: 27g, Sodium: 2170mg.

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