

# Udon Noodle & Spicy Peanut Stir-Fry

with Mushrooms, Carrots & Bok Choy

2 SERVINGS

⌚ 20-30 MINS

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

## Ingredients

-  ½ lb Fresh Udon Noodles\*
-  10 oz Baby Bok Choy
-  6 oz Carrots
-  4 oz Mushrooms
-  1 Tbsp Soy Sauce
-  1 Tbsp Sambal Oelek
-  ⅓ cup Asian-Style Sautéed Aromatics
-  2 tsps Honey
-  1 Tbsp Smooth Peanut Butter Spread
-  1 Tbsp Rice Vinegar
-  1 tsp Furikake

\*previously frozen

## Wellness at Blue Apron

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VEGETARIAN



Serve a bottle of Blue Apron wine with this symbol: Crisp & Minerally.  
[blueapron.com/wine](https://blueapron.com/wine)

## 1 Prepare the ingredients

- Remove the **honey** and **noodles** from the refrigerator to bring to room temperature.
- Wash and dry the fresh produce.
- Cut the **mushrooms** into bite-sized pieces.
- Peel the **carrots** and thinly slice on an angle.
- Cut off and discard the root ends of the **bok choy**; roughly chop.



## 2 Make the sauce

- In a bowl, whisk together the **peanut butter spread**, **vinegar**, **honey** (kneading the packet before opening), **soy sauce**,  $\frac{1}{4}$  **cup of warm water**, and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be.



## 3 Start the stir-fry

- In a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **mushroom pieces** and **sliced carrots** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **sautéed aromatics** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the vegetables are softened.
- Add the **chopped bok choy**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the bok choy leaves are wilted.



## 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, 1 to 2 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** garnished with the **furikake**. Enjoy!



### NUTRITION PER SERVING (AS PREPARED)\*\*

Calories: 620, Total Carbohydrates: 76g, Dietary Fiber: 6g, Added Sugars: 9g, Total Fat: 30g, Saturated Fat: 6g, Protein: 15g, Sodium: 1660mg.

\*\*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.

Blue Apron, LLC  
New York, NY 10005

