

Udon Noodle Stir-Fry

with Mushrooms & Cabbage

4 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
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Ingredients*

Customized ingredients

ADDED:



4 Flank Steaks 



2 ½ Tbsps Vegetable Demi-Glaze



⅓ cup East Asian-Style Sautéed Aromatics



4 Pasture-Raised Eggs



½ lb Mushrooms



3 Tbsps Soy-Miso Sauce



3 Tbsps Roasted Peanuts



1 lb Fresh Udon Noodles¹



1 lb Red Cabbage



1 Tbsp Sambal Oelek



Serve with Blue Apron wine that has this symbol
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¹ previously frozen

*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare & cook the vegetables

- Remove the **noodles** from the refrigerator to bring to room temperature.
- Wash and dry the fresh produce.
- Cut the **mushrooms** into bite-sized pieces.
- Cut out and discard the core of the **cabbage**; thinly slice the leaves.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **mushroom pieces** in an even layer. Cook, without stirring, 4 to 5 minutes, or until lightly browned.
- Add the **sliced cabbage** and **sautéed aromatics** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until slightly softened.
- Transfer to a large bowl and cover with foil to keep warm.
- Wipe out the pan.



↩️ ADDITIONAL STEP *If you chose Flank Steaks*

- Pat the **steaks** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook 2 to 4 minutes per side for medium-rare (125°F), or until browned and cooked to your desired degree of doneness.*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board; let rest at least 5 minutes.

2 Separate the noodles & make the sauce

- Using your hands, carefully separate the **noodles**.
- In a bowl, combine the **soy-miso sauce**, **demi-glace**, **½ cup of water**, and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be.



3 Cook the noodles

- To the same pan, add the **noodles** and **sauce** (carefully, as the liquid may splatter). Cook on medium-high, stirring frequently, 2 to 3 minutes, or until the noodles are coated and heated through.
- Transfer to the bowl of **cooked vegetables** and stir to combine. Cover with the foil to keep warm.
- Rinse and wipe out the pan.



4 Fry the eggs & serve your dish

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Crack the **eggs** into the pan, keeping them separate; season with salt and pepper. Cook 4 to 5 minutes, or until the whites are set and the yolks are cooked to your desired degree of doneness.
- Turn off the heat.
- Serve the **cooked noodles and vegetables** topped with the **fried eggs**. Garnish with the **peanuts**. Enjoy!



↩️ CUSTOMIZED STEP 4 *If you chose Flank Steaks*

- Fry the eggs as directed in Step 4.
- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- Serve the **cooked noodles and vegetables** topped with the **fried eggs** and **sliced steaks**. Garnish with the **peanuts**. Enjoy!

*The USDA recommends a minimum safe cooking temperature of 145°F for steak. Cook the steaks an additional 2 to 3 minutes to achieve this. Consuming raw or undercooked meat, poultry, fish, seafood or eggs may increase your risk of foodborne illness.

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CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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