

# Spicy Udon Stir-Fry

with Peppers, Carrots & Broccoli

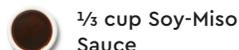
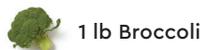
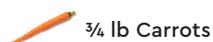
4 SERVINGS | 30-40 MINS



## Ingredients\*

Customized ingredients

### ADDED:



 Serve with Blue Apron wine that has this symbol [blueapron.com/wine](https://blueapron.com/wine)

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"Alexa, find Blue Apron recipes."

## 1 Prepare the ingredients & make the sauce

- Remove the **noodles** from the refrigerator to bring to room temperature.
- Fill a medium pot  $\frac{3}{4}$  of the way with water. Cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Cut off and discard the bottom  $\frac{1}{2}$  inch of the **broccoli** stem; cut the broccoli into small florets.
- Peel the **carrots**; thinly slice on an angle.
- Cut off and discard the stems of the **peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- In a bowl, combine the **soy-miso sauce**,  $\frac{1}{2}$  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.



## 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, carefully peel the cooked eggs. Season with salt and pepper.



## ↻ ADDITIONAL STEP If you chose Ground Beef

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **beef**; season with salt and pepper. Cook, stirring frequently and breaking the meat apart with a spoon, 5 to 7 minutes, or until browned and cooked through.
- Carefully drain off and discard any excess oil.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.

## 3 Cook the vegetables

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **broccoli florets**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned.
- Add  $\frac{1}{4}$  cup of water (carefully, as the liquid may splatter). Loosely cover the pan with foil and cook, without stirring, 2 to 3 minutes, or until the broccoli is softened and the water has cooked off.
- Add the **sesame oil** (carefully, as the liquid may splatter), **sliced carrots**, and **sliced peppers**; season with salt and pepper. Cook, stirring occasionally, 5 to 7 minutes, or until slightly softened.



## ↻ CUSTOMIZED STEP 3 If you chose Ground Beef

- Cook the vegetables as directed, using the pan of reserved fond.

## 4 Finish the stir-fry & serve your dish

- Using your hands, carefully separate the **noodles**.
- To the pan of **cooked vegetables**, add the **sautéed aromatics** (carefully, as the liquid may splatter), **noodles**, and **sauce**. Season with salt and pepper. Cook, stirring constantly, 2 to 3 minutes, or until thoroughly combined and heated through.
- Serve the **finished stir-fry** topped with the **seasoned eggs**. Garnish with the **furikake**. Enjoy!



## ↻ CUSTOMIZED STEP 4 If you chose Ground Beef

- Finish the stir-fry and serve your dish as directed, adding the **cooked beef** to the pan.