



**GREEN
CHEF**

PEANUT UDON NOODLE BOWLS

bell pepper, edamame, carrot, ginger-lime peanut sauce

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

890

MENU

VEGAN

It's all about the veggies in these vibrant Asian-inspired noodle bowls. Stir-fried red bell pepper, edamame, and dried shiitake mushrooms are tossed with twirly udon noodles and our creamy ginger-lime peanut sauce. A fresh carrot and snap pea salad—dressed in our rice-wine vinaigrette—adds a tangy-sweet contrast on top, while a smattering of roasted peanuts accentuates the dish's nutty richness.

INGREDIENTS (10 ITEMS)

4 oz	Udon noodles <small>W</small>
¼ oz	Dried shiitake mushrooms
1 whole	Carrot
2 oz	Snap peas
¼ oz	Cilantro
1 unit	Red bell pepper
1¾ oz	Sweetened rice-wine vinaigrette
3½ oz	Edamame <small>S</small>
6¼ oz	Ginger-lime peanut sauce <small>P S T</small>
½ oz	Roasted peanuts <small>P</small>

WHAT YOU'LL NEED

large pot
large sauté pan
mixing bowls
measuring cup & spoons
strainer
box grater
cooking oil
salt & pepper

ALLERGENS

- W WHEAT
- S SOY
- P PEANUTS
- T TREE NUTS (coconut)



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 COOK NOODLES

- Bring a large pot of lightly salted water to a boil. Once boiling, stir in **udon noodles**. Cook 6–8 minutes, or until tender, stirring occasionally.
- Strain **noodles**. Rinse with cold water. Shake off excess water. Return to pot. Drizzle with 1–2 teaspoons cooking oil. Stir to coat.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

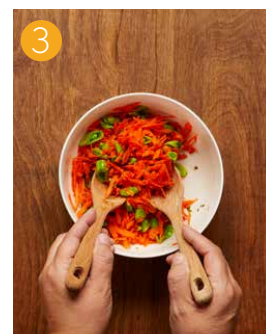


2 PREP

- Roughly chop **dried shiitake mushrooms**. Place in a small bowl. Cover with about ¼ cup water. Let soak about 5 minutes, or until softened (reserve soaking liquid).
- Peel **carrot** if desired. Grate on large holes of a box grater over a medium bowl.
- Remove any fibrous strings from **snap peas**.* Cut widthwise at a sharp angle into strips, about ¼ inch thick.
- De-stem **cilantro**; finely chop leaves.
- Cut **red bell pepper**** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.

*To quickly prep, firmly pinch one end of a snap pea and pull downward to remove the fibrous string.

**The ingredient you received may be a different color.



3 MAKE SALAD

- Add **snap peas** and about half of the **cilantro** to bowl with **carrot**. Drizzle with **sweetened rice-wine vinaigrette** to taste. Lightly season with salt. Toss to combine.



4 START STIR-FRY

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **bell pepper** and **edamame** to hot pan. Season with salt and pepper. Cook 4–5 minutes, or until veggies are mostly tender, stirring occasionally.



5 FINISH STIR-FRY

- Reduce heat on pan with veggies to medium-low. Transfer **noodles** to pan. Add **mushrooms** (with reserved soaking liquid). Stir to combine. Cook about 2 minutes, or until mushrooms and soaking liquid are warmed through, stirring occasionally.
- Add **ginger-lime peanut sauce**. Cook about 1 minute, or until sauce is warmed through and noodles are evenly coated, stirring occasionally. Stir to combine. Season with salt and pepper to taste.*

*Taste the stir-fry after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.



6 PLATE YOUR DISH

- Divide **udon noodles with stir-fried veggies** between bowls. Top with **carrot and snap pea salad**. Garnish with **roasted peanuts** and remaining **cilantro**. Enjoy!

Nutrition Facts

2 Servings per container

Serving size (387g)

Amount per serving

Calories 890

	% Daily Value*
Total Fat 51g	65%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1060mg	46%
Total Carbohydrate 88g	32%
Dietary Fiber 9g	32%
Total Sugars 22g	
Includes 12g Added Sugars	24%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 152mg	10%
Iron 5mg	30%
Potassium 948mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Udon Noodles [heirloom wheat and buckwheat flour, sea salt], **Ginger-Lime Peanut Sauce** (Peanut Butter [peanuts], Coconut Milk [coconut milk, water, xanthan gum], Maple Syrup [pure maple syrup], Gluten-Free Tamari Sauce [water, soybeans, salt, sugar, alcohol, vinegar, lactic acid], Sunflower Oil [high oleic sunflower oil], Puréed Ginger [ginger], Red Onions, Toasted Sesame Oil [toasted sesame oil], Garlic, Sriracha Sauce [organic jalapeno peppers, water, organic sugar, organic distilled vinegar, salt, organic garlic powder, xanthan gum], Lime Juice [lime], Ascorbic Acid [ascorbic acid]), **Carrots**, **Dried Shiitake Mushrooms** [dried shiitake mushrooms], **Snap Peas**, **Rice Wine Vinaigrette** (Rice Wine Vinegar [rice vinegar diluted with water to 4.3% acidity], Mirin [organic sweet rice, organic distilled rice wine (water, organic sweet rice, koji seed), organic koji (rice, koji seed), sea salt], Agave [organic agave syrup], Sea Salt, Sunflower Oil [high oleic sunflower oil]), **Cilantro**, **Peanuts** [peanuts, canola and/or peanut oil], **Bell Peppers**, **Edamame** [soybean kernels]

Allergen information:

Contains Soy, Peanuts, Tree Nuts And Wheat

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.

