



BULGOGI NOODLE BOWLS

pad thai rice noodles, broccoli, creminis, red peppers, cashews

COOK TIME
25 MIN

SERVINGS
2

CALORIES PER SERVING
600

MENU
VEGAN // GLUTEN-FREE

Our salty-sweet bulgogi marinade is the perfect match for creminis. In tonight's 25-minute bowls, the mushrooms soak up the bold sauce (think: garlic, ginger, and coconut aminos), adding juicy, umami-rich explosions to a pile of pad thai rice noodles strewn with broccoli, carrots, and cashews. A sprinkle of sesame seeds adds a nutty crunch, while pickled ginger delivers tangy notes throughout.

INGREDIENTS (9 ITEMS)

- 4 oz **Cremini mushrooms**
- 6 oz **Broccoli**
- ½ oz **Roasted cashews** T
- ¾ oz **Pickled ginger**
- 3½ oz **Bulgogi-style amino sauce** T
- 4¼ oz **Pad thai rice noodles**
- 2¼ oz **Roasted red peppers**
- 1¾ oz **Carrots**
- 1 tsp **Black & white sesame seeds**

WHAT YOU'LL NEED

- large pot
- medium & large sauté pans
- medium bowl
- measuring cup & spoons
- strainer
- cooking oil
- salt & pepper

ALLERGENS

T TREE NUTS (cashews, coconut)



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



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

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 PREP

- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Halve or quarter **mushrooms**, depending on size.
- Cut **broccoli** into bite-size pieces if necessary.
- Roughly chop **roasted cashews** if necessary.
- Roughly chop **pickled ginger**.

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 MARINATE MUSHROOMS

- Place **mushrooms** in a medium bowl. Add **bulgogi-style amino sauce**. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat. Let marinate at least 5 minutes, stirring occasionally.

3 COOK NOODLES

- Bring a large pot of lightly salted water to a boil. Add **pad thai rice noodles*** and about 1 teaspoon cooking oil to boiling water. Cook 6–8 minutes, or until noodles are al dente, stirring occasionally.
- Strain **noodles**. Rinse with cold water; shake off excess water. Return to pot. (You'll finish the noodles in Step 5.)

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

4 STIR-FRY VEGGIES

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **broccoli** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook about 3 minutes, or until broccoli begins to brown, stirring occasionally.
- Add **roasted red peppers**. Cook about 4 minutes, or until broccoli is crisp-tender, stirring occasionally.
- Add **carrots** and about ¼ cup water. Cook about 2 minutes, or until veggies are tender and liquid has cooked off, stirring occasionally. Remove from heat.

5 FINISH NOODLES

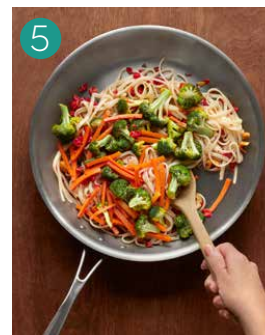
- Transfer **noodles** to pan with **veggies**. Add **cashews**. Stir to combine. Season with salt and pepper to taste.

6 SAUTÉ MUSHROOMS

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **mushrooms** (with any excess marinade) to hot pan. Cook 3–5 minutes, or until mushrooms are tender, stirring occasionally.

7 PLATE YOUR DISH

- Divide **stir-fried veggies and noodles** between bowls. Top with **bulgogi mushrooms** and any remaining **sauce** from pan. Garnish with **pickled ginger** and **black and white sesame seeds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (346g)

Amount per serving

Calories **600**

	% Daily Value*
Total Fat 32g	41%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1110mg	48%
Total Carbohydrate 71g	26%
Dietary Fiber 7g	25%
Total Sugars 10g	
Includes 3g Added Sugars	6%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 91mg	8%
Iron 3mg	15%
Potassium 1046mg	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:

Cremini Mushrooms, Bulgogi-Style Amino Sauce (Garlic, Yellow Onions, Coconut Aminos [organic coconut tree sap, sea salt], Pear Juice [juice from ripe, whole organic pears, ascorbic acid], Puréed Ginger [ginger], Agave [organic agave syrup], Crushed Red Pepper Flakes, Sea Salt, Toasted Sesame Oil [toasted sesame oil], Ascorbic Acid [ascorbic acid]), **Black & White Sesame Seeds** (White Sesame Seeds [hulled sesame seeds], Black Sesame Seeds [black sesame seeds]), **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Broccoli, Carrots, Roasted Red Peppers** [bell pepper], **Pad Thai Noodles** [organic brown rice flour], **Pickled Ginger** [organic ginger, organic cane sugar, organic rice vinegar, water, salt, citric acid]

Allergen information:

Contains Tree Nuts

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.