



THAI PEANUT NOODLE STIR-FRY

baby bok choy, red bell pepper, carrots, shiitakes

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
720

MENU
VEGAN

It's all about the veggies in these vibrant stir-fry bowls. Chewy udon noodles are tossed with sautéed baby bok choy, red bell pepper, carrots, and shiitake mushrooms, then coated in our gingery, umami-rich sesame tamari sauce. The dish is finished with ginger-lime peanut sauce and a sprinkle of roasted peanuts for a satisfying crunch. With all these savory-sweet flavors and contrasting textures, each bite is more craveable than the last.

- INGREDIENTS (9 ITEMS)**
- 4 oz **Udon noodles** W
 - 7 oz **Baby bok choy**
 - 1 unit **Red bell pepper**
 - ¼ oz **Dried shiitake mushrooms**
 - 1 whole **Yellow onion**
 - ½ oz **Roasted peanuts** P
 - 3½ oz **Carrots**
 - 2¾ oz **Sesame tamari sauce with ginger** S
 - 3½ oz **Ginger-lime peanut sauce** P S T

- WHAT YOU'LL NEED**
- medium pot
 - large sauté pan
 - small bowl
 - measuring spoons
 - fine-mesh strainer
 - cooking oil
 - salt & pepper

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

COOKING FOR 4 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 medium 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. 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

- Trim root end off **baby bok choy**. Quarter lengthwise. Rinse to remove any dirt between layers.
- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Roughly chop **dried shiitake mushrooms**. Place in a small bowl. Cover with water. Let soak at least 5 minutes, or until softened (discard soaking liquid).
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Roughly chop **roasted peanuts**.

*The ingredient you received may be a different color.

3 START STIR-FRY

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **bok choy** to hot pan. Lightly season with salt and pepper. Cook 3-4 minutes, or until lightly browned, stirring occasionally.
- Add **bell pepper, carrots, mushrooms, and onion**. Cook 3-4 minutes, or until bok choy is tender, stirring occasionally.

4 FINISH STIR-FRY

- Transfer **noodles** to pan with **veggies**. Add **sesame tamari sauce with ginger**. Cook about 2 minutes, or until sauce has slightly reduced, stirring occasionally.

5 PLATE YOUR DISH

- Divide **veggie and noodle stir-fry** between bowls. Drizzle with **ginger-lime peanut sauce** to taste. Garnish with **peanuts**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size

(417g)

Amount per serving

Calories

720

| | % Daily Value* |
|-------------------------------|-----------------------|
| Total Fat 40g | 51% |
| Saturated Fat 7g | 35% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 1130mg | 49% |
| Total Carbohydrate 77g | 28% |
| Dietary Fiber 8g | 29% |
| Total Sugars 19g | |
| Includes 8g Added Sugars | 16% |
| Protein 17g | |
| Vitamin D 0mcg | 0% |
| Calcium 165mg | 15% |
| Iron 4mg | 20% |
| Potassium 914mg | 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], **Dried Shiitake Mushrooms** [dried shiitake mushrooms], **Baby Bok Choy**, **Carrots**, **Peanuts** [peanuts, canola and/or peanut oil], **Bell Peppers**, **Yellow Onion**, **Sesame Tamari Sauce** (Garlic, Gluten-Free Tamari Sauce [water, soybeans, salt, sugar, alcohol, vinegar, lactic acid], Rice Wine Vinegar [rice vinegar diluted with water to 4.3% acidity], Puréed Ginger [ginger], Crushed Red Pepper Flakes, Agave [organic agave syrup], Lemon Juice [lemon], Sesame Oil [refined sesame oil], Toasted Sesame Oil [toasted sesame oil]), **Ginger-Lime Peanut Sauce** (Peanut Butter [peanuts], Coconut Milk [organic coconut, coconut extract, water, organic guar 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], Granulated 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])

Allergen information:

Contains Soy, Tree Nuts, Peanuts 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.