



**GREEN  
CHEF**

# MUSHROOM CURRY UDON BOWLS

*carrots, ginger, coconut milk, cilantro, lime*

## COOK TIME

25 MIN

## SERVINGS

2

## CALORIES PER SERVING

540

## MENU

VEGAN // FAST & FIT

If you're craving noodles in a rich, creamy sauce, these completely vegan bowls will hit the spot. We generously coat thick udon noodles in a fragrant curry that's lush and creamy thanks to coconut milk. The curry has a mild sweet heat that you can spice up with red pepper flakes. Customize your bowl with fresh cilantro and a squeeze of lime, then let the slurping commence!

## INGREDIENTS (12 ITEMS)

3¾ oz **Udon noodles** W  
 4 oz **Cremini mushrooms**  
 ⅙ oz **Dried shiitake mushrooms**  
 1 whole **Lime**  
 ¼ oz **Cilantro**  
 2 oz **Yellow onions**  
 & ¼ oz **& ginger**  
 1¾ oz **Carrots**  
 1¾ tsp **Sweetened yellow curry** T  
 1½ tsp **Tapioca flour**  
 2 whole **Vegetable stock concentrates**  
 5 oz **Coconut milk** T  
 ½ tsp **Crushed red pepper flakes**

## WHAT YOU'LL NEED

large pot  
 large sauté pan  
 small bowl  
 measuring cup & spoons  
 strainer  
 cooking oil  
 1 tsp sweetener  
 salt

## ALLERGENS

W WHEAT  
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](https://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 teaspoon cooking oil.\* Stir to coat.

\*We recommend using toasted sesame oil if you have it on hand.

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

- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.
- Finely 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).
- Quarter **lime**.
- De-stem **cilantro**; roughly chop leaves.

## 3 START CURRY

- Heat 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **cremini mushrooms** to hot pan. Cook 3–4 minutes, or until lightly browned, stirring occasionally.
- Add **shiitake mushrooms** (with reserved soaking liquid), **yellow onions and ginger**, and **carrots**. Season with **sweetened yellow curry** and ½ teaspoon salt. Cook 2–3 minutes, or until fragrant, stirring frequently.

## 4 SIMMER CURRY

- Add **tapioca flour** to pan. Stir to combine.
- Add **vegetable stock concentrates**, **coconut milk**, juice from two **lime wedges**, 1 teaspoon of your preferred sweetener, and 1¼ cups water to pan. Bring to a boil, then reduce heat to medium. Simmer 3–5 minutes, or until slightly thickened, stirring occasionally.
- Remove from heat.

## 5 ADD NOODLES

- Transfer **noodles** to pan. Stir to combine.

## 6 PLATE YOUR DISH

- Divide **mushroom curry udon noodles** between bowls. Garnish with **cilantro** and **crushed red pepper flakes** to taste (or omit). Serve with remaining **lime wedges**. Enjoy!



**Nutrition Facts**

2 Servings per container

**Serving size** (321g)

**Amount per serving**

**Calories** 540

	% Daily Value*
<b>Total Fat</b> 26g	33%
Saturated Fat 13g	65%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 1230mg	53%
<b>Total Carbohydrate</b> 69g	25%
Dietary Fiber 5g	18%
Total Sugars 11g	
Includes 5g Added Sugars	10%
<b>Protein</b> 10g	
Vitamin D 4mcg	20%
Calcium 74mg	6%
Iron 3mg	15%
Potassium 806mg	15%

\* 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 ], **Cremini Mushrooms**, **Dried Shiitake Mushrooms** [dried shiitake mushrooms], **Yellow Onions**, **Ginger** [organic ginger, organic cane sugar, organic rice vinegar, citric acid], **Carrots**, **Tapioca Flour** [organic cassava or manioc root], **Sweetened Yellow Curry** (Yellow Curry Powder [coriander, turmeric, cumin, mustard, fenugreek, cardamom, nutmeg, cayenne, cinnamon, clove], Coconut Sugar [organic coconut sugar]), **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Coconut Milk** [coconut milk], **Lime**, **Cilantro**, **Crushed Red Pepper Flakes**

**Allergen information:**  
Contains 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.*