



**GREEN  
CHEF**

## ORANGE-MISO UDON BOWLS

*broccoli, carrots, roasted red peppers, sesame seeds*

### COOK TIME

25 MIN

### SERVINGS

2

### CALORIES PER SERVING

730

### MENU

VEGAN

This completely plant-based dish satisfies those creamy cravings with rich coconut milk. It's the base for an indulgent sauce that coats silky udon noodles and roasted veggies. Mushroom stock and orange-miso marinade add deep umami notes, while a chili and ginger spice rub gives the noodles some zing.

### INGREDIENTS (12 ITEMS)

6 oz **Broccoli**  
 2 whole **Carrots**  
 2¼ oz **Roasted red peppers**  
 ¾ tsp **Chili & ginger spice rub**  
 ¾ oz **Udon noodles** W  
 1 whole **Shallot**  
 ¼ oz **Garlic**  
 1 tbsp **Cornstarch**  
 5 oz **Coconut milk** T  
 1 whole **Mushroom stock concentrate**  
 ¾ oz **Orange-miso marinade** S  
 1 tsp **Black & white sesame seeds**

### WHAT YOU'LL NEED

medium pot  
 large sauté pan  
 baking sheet  
 medium bowl  
 measuring spoons  
 strainer  
 peeler  
 oven mitt  
 cooking oil  
 ¼ tsp sweetener  
 salt & pepper

### ALLERGENS

W WHEAT  
T TREE NUTS (coconut)  
S SOY



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 START PREP & ROAST VEGGIES

- Preheat oven to 425 degrees.
- Cut **broccoli** into bite-size pieces if necessary.
- Trim and peel **carrots**. Halve lengthwise. Lay flat and slice at an angle into pieces, about ¼ inch thick.
- Place **broccoli**, **carrots**, and **roasted red peppers** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with **chili and ginger spice rub**, salt, and pepper. Stir to coat.
- Spread **veggies** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 14-16 minutes, or until fork-tender, stirring halfway through.

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 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 noodles are 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.

## 3 FINISH PREP

- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and small dice into pieces, about ¼ inch each.
- Mince **garlic**.

## 4 MAKE SAUCE

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **shallot** to hot pan. Season with about ¼ teaspoon salt and about ¼ teaspoon pepper. Cook 2-3 minutes, or until shallot begins to soften, stirring occasionally.
- Add **garlic** and about half the **cornstarch** (save the rest for another use). Cook about 1 minute, or until garlic is fragrant, stirring frequently.
- Add **coconut milk**, **mushroom stock concentrate**, **orange-miso marinade**, and ¼ teaspoon of your preferred sweetener. Simmer 2-3 minutes, or until slightly reduced, stirring occasionally. Season with salt and pepper to taste.
- Remove from heat.

## 5 ADD NOODLES

- Add **noodles** to pan with **sauce**. Stir to coat.

## 6 PLATE YOUR DISH

- Divide **orange-miso udon noodles** between bowls. Top with **roasted veggies**. Garnish with **black and white sesame seeds**. Enjoy!





# Nutrition Facts

2 Servings per container

Serving size (413g)

Amount per serving

Calories 730

	% Daily Value*
Total Fat 43g	55%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1520mg	66%
Total Carbohydrate 73g	27%
Dietary Fiber 8g	29%
Total Sugars 14g	
Includes 1g Added Sugars	2%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 112mg	8%
Iron 4mg	20%
Potassium 967mg	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 ], **Coconut Milk** [coconut milk], **Shallot, Garlic, Cornstarch** [cornstarch], **Mushroom Stock Concentrate** [mushroom juice concentrate, maltodextrin, salt, natural flavor, sugar, yeast extract, and xanthan gum], **Broccoli, Roasted Red Peppers** [bell pepper], **Carrots, Chili & Ginger Spice Rub** (Dried Ginger, Chili Powder [chili pepper, paprika, oregano, cumin, garlic, salt, spices], Sea Salt, Black Pepper), **Black & White Sesame Seeds** (White Sesame Seeds [hulled sesame seeds], Black Sesame Seeds [black sesame seeds]), **Orange Juice** [organic orange juice], **Water, Gluten-Free Tamari Sauce** [water, soybeans, salt, sugar, alcohol, vinegar, lactic acid], **Miso Paste** [organic whole soybeans, organic handmade rice koji, sun-dried sea salt, Blue Ridge Mountain well water, koji spores], **Puréed Ginger** [ginger], **Toasted Sesame Oil** [toasted sesame oil], **Garlic, Ascorbic Acid** [ascorbic acid]

## Allergen information:

Contains Tree Nuts, Soy 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.

