

Yaki Udon

PREP TIME: 5 MIN | COOK TIME: 10 MIN | SERVINGS: 1

INGREDIENTS:

- 1 serving udon noodles, or 1 package of ramen noodles w/ seasoning packet removed
- 1 Tbsp oil
- 1/4 onion, sliced
- 2 mushrooms, sliced (optional)
- 1/2 to 1 cup fresh or frozen veggies of choice (cabbage, carrots, etc.)
- 2 scallions, chopped into 1-inch pieces
- 2 Tbsp mentsuyu
- 1 Tbsp mirin (or sub sugar)
- Salt and pepper, to taste

RECIPE NOTES:

- Note: Mentsuyu can be substituted for 1 Tbsp soy sauce + 1 Tbsp sake + 1 tsp kombu dashi granules
- Feel free to add more toppings such as tofu, egg or seaweed

DIRECTIONS:

- Prepare udon noodles according to package instruction; Strain and set aside.
- Heat oil in a pan over medium high heat. Add onions and cook for 1 minute, stirring occasionally. Add mushrooms and cook for another 30 seconds.
- Add vegetables and scallions and cook until softened, about 1-2 minutes, stirring occasionally.
- Add the udon, mentsuyu (or substitute) and mirin (or sugar). Stir and cook for another 30 seconds or until noodles are loosened and fully cooked.
- Serve and enjoy!

@SFSTATECARES



ADAPTED FROM
ORONOMIKITCHEN.COM