

# Japanese Noodles with Broccoli

Garden fresh broccoli is featured in this Japanese Udon noodle bowl. The noodles and vegetables are bathed in a slightly sweet broth seasoned with ginger, miso, rice wine vinegar and a touch of wasabi. Chopped green onions and peanuts finish this flavorful noodle dish. You add Asian-style baked tofu to provide additional protein to the bowl.

This meal is a real celebration of summer flavors and is finished with some chilled cantaloupe.

**Preparation time: 35 mins. - Serves: 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients so everything is at your fingertips as you assemble the noodle bowl.

### Noodle Broth

1/2 cube  
Edward and Sons "Not Chick'n" bouillon  
2 C. boiling water  
2 tsp. brown miso  
1/4 tsp. wasabi paste

1 clove garlic (smashed and chopped)  
1 tsp. sesame oil  
2 tsp. brown sugar  
2 tsp. smooth peanut butter  
1/4 tsp. grated, fresh ginger  
2 T. rice wine vinegar

2/3 C. broth from cooking noodles

### Vegetables and Japanese Noodles

1 C. broccoli (chopped)

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1 tsp. canola oil  
6 medium mushrooms (sliced)

2 tsp. canola oil  
1-1/2 C. Napa or Savoy cabbage (thin-sliced)  
1 clove garlic (smashed and chopped)  
1/2 C. red bell pepper (sliced)  
1/2 C. yellow bell pepper (sliced)

2 bundles Japanese Udon noodles

1 square of Asian-style baked tofu

### Garnishes

juice from 1/2 of a lime

1/4 C. green onions (chopped, both bulb and green stems)

2 T. roasted peanuts (chopped)

1/2 of a chilled cantaloupe (seeded/rind removed/ cut into wedges)

First Thing!  
Put Noodle Water on to Boil!

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Start by steaming the chopped broccoli. Steam 4 minutes once water in the bottom of the steamer comes to a boil. Remove from heat and shock with ice water.

### Noodle Broth

1. Bring 2 C. water to a boil. Remove from heat and stir in 1/2 cube "Not Chick'n" Bouillon, brown miso and wasabi paste. Stir until all items are well dissolved.
2. Heat chopped garlic with sesame oil in a medium saucepan until garlic becomes fragrant. Pour broth mixture over garlic.
3. Add brown sugar, peanut butter, grated ginger, and rice wine vinegar. Stir well. Bring to a boil. Reduce heat to simmer.

### Vegetables and Japanese Noodles

Put 3 quarts water on to boil for cooking noodles.

#### Vegetables:

1. Brown sliced mushrooms in oil in a large sauté pan. Remove from pan and set aside.
2. Using the same pan, add additional oil and sear cabbage until it starts to brown. Add garlic and toss until garlic becomes fragrant. Remove from pan and set aside.
3. Sear peppers in same pan until they start to brown. Remove from pan and set aside.

#### Japanese Noodles:

1. Drop noodles into water and boil over medium heat 7-8 minutes or until tender.
2. Reserve 2/3 C. noodle cooking water and add to the noodle broth.
3. Drain and rinse noodles.

### Assemble and Serve

1. Divide noodles between two large individual bowls.
2. Arrange vegetables over noodles and break tofu into pieces over vegetables.
3. Return broth to a boil and pour 1/2 of the broth over each noodle bowl.
4. Drizzle each bowl with lime juice and garnish with chopped green onions and peanuts.
5. Serve chilled cantaloupe wedges as a finish.

### What I've Learned from this Recipe

Light cooking is all that is required of noodle bowl ingredients. The boiling hot broth poured over the bowl just before it's served will finish cooking ingredients.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)