

Japanese Noodles with Shrimp and Snow Peas

Slurpy good dining awaits you tonight. Japanese Udon Noodles are on the menu. Plant-based broth, brown miso, fresh ginger, garlic, and a touch of wasabi make up the flavor profile of a lip-smacking broth that holds snow peas, browned mushrooms, red onions and peppers. Seared shrimp top the bowls with additional umami.

The bowls are finished with chopped green onions, peanuts, cilantro and a splash of lime juice. **Preparation time: 35 mins. - Serves: 2**

Organize Your Ingredients!

Notes on Organizing

Organize ingredients on small plates or bowls so they are easy to add. You'll prep 2 cloves of chopped garlic: 1 for the broth and 1 for the Vegetable mixture. There are two different onion preps: 4 thin slices red onion for the Vegetables, 1/4 C. chopped green onions for the garnish.

Noodle Broth

3 C. water
1/2 cube Edward and Sons "Not Chick'n Bouillon"
2 tsp. brown miso

1 tsp. sesame oil
1 clove garlic (smashed and chopped)

1/2 tsp. grated, fresh ginger
1/2 tsp. wasabi paste
2 T. rice wine vinegar

1/2 C. noodle cooking water

Garnishes

2 T. roasted peanuts (chopped)
1/4 C. green onions (chopped, both bulb and green stems)
2 T. fresh cilantro (chopped)

1/2 of a lime
1 Asian Pear (cored and sliced)

Noodles/Shrimp/Vegetables

Noodles

2 pre-measured bundles Japanese Udon noodles

Shrimp

1 tsp. sesame oil
1 tsp. canola oil
8 large, raw shrimp (thawed)
1/2 tsp. Chinese pepper sauce
2 tsp. lemon juice
1/4 C. low-sodium vegetable broth

Vegetables

1 tsp. canola oil
4 medium mushrooms (sliced)

1-1/2 C. snow peas (strings removed and halved)
4 slices red onion (thin-sliced)
1/2 C. red bell pepper (cut in thin strips)
1 clove garlic (smashed and chopped)

*But First!
Put Noodle Water on to Boil!*

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Once everything's prepped, the assembly is pretty easy. Assemble the broth and let it simmer. Cook the vegetables as instructed and assemble the bowls. That's it!

Noodle Broth

1. Bring 3 C. water to a boil. Remove from heat and stir in 1/2 cube Edward and Sons "Not Chick'n Bouillon" and 2 tsp. brown miso.
2. Using a medium saucepan, brown garlic in sesame oil.
3. Pour "Not Chick'n" broth/miso mixture into the saucepan.
4. Add grated ginger, wasabi paste and rice-wine vinegar and stir until wasabi dissolves. Heat to boiling, then reduce heat to simmer. Add reserved noodle water after noodles finish cooking.

Cook Noodles

1. Slide two of the pre-measured bundles of Udon noodles into water.
2. Cook 5-10 minutes, until tender (per package instructions).
3. At the end of cooking, reserve 1/2 C. noodle cooking water and add to broth mixture (above). Drain and rinse noodles with warm water.

Shrimp and Vegetables/Plate

1. Heat oils in a small sauté pan and place raw shrimp in oil. Cook about 1 minute per side (they'll turn pink) and add mixture of pepper sauce, lemon juice and broth. Toss until broth nearly cooks away. Remove from heat and set aside.
2. Brown mushrooms in canola oil in a wok or large sauté pan. Remove from pan. Set aside.
3. Using the same pan, add snow peas, onions and peppers and toss another minute. Add garlic and toss until fragrant.
4. Divide drained, cooked noodles between two large shallow bowls. Divide vegetables over the top of the noodles and lay cooked shrimp over vegetables. Pour hot noodle broth over each of the bowls. Garnish bowls with chopped peanuts, green onion and chopped cilantro leaves. Cut the final half of the lime in half and serve a 1/4 piece of lime with each noodle bowl. Instruct diners to squeeze lime juice over their bowls.

There will be lots of slurping broth with each bowl of noodles. Serve pear slices on the side.

What I've Learned from this Recipe

This is a delicious meatless broth. This one utilizing "Not Chick'n Bouillon" and miso, is packed with flavor and stands up to any meat based broth. Additional components like wasabi, fresh ginger, and lime juice add a big boost to the flavor.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com