

Japanese Noodles and Snow Peas

Delicately flavored Japanese-style noodles grace your table tonight. Snow peas are the center of attention and are surrounded with shredded cabbage, red bell pepper, red onion and mushrooms. All of this is bathed in a bouillon/miso broth with a touch of wasabi.

The bowl is finished with chopped green onion, peanuts, fresh cilantro and lime juice.

Preparation time: 35 mins. - Serves: 2

Organize Your Ingredients!

Notes on Organizing

I like to organize ingredients on small plates or bowls, so they are easy to add (and more fun to cook!). You'll prep 2 cloves of chopped garlic: 1 for the broth and 1 for the Snow Peas and Vegetable mixture. There are two different onion preps: 4 thin slices red onion for the Snow Peas and Vegetables and 1/4 C. chopped green onions for the garnish.

Noodle Broth

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

- 1 clove garlic (smashed and chopped)
- 1 tsp. sesame oil
- 1 tsp. smooth peanut butter

- 1/2 tsp. grated fresh ginger
- 1/4 tsp. wasabi paste
- 2 T. rice wine vinegar

- 1 C. noodle cooking water

Noodles, Snow Peas and Vegetables

- 2 bundles Japanese Udon noodles

- 1 tsp. canola oil
- 4 medium mushrooms (sliced)

- 1 tsp. sesame oil
- 1 tsp. canola oil
- 1-1/2 C. Napa or Savoy cabbage (thin-sliced)
- 4 thin-sliced red onion (slices quartered)

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

- 1 package Asian-flavored baked tofu

Garnishes

- 2 T. roasted peanuts (chopped)
- 1/4 C. green onions (chopped, both bulb and stems)
- 2 T. fresh cilantro (chopped)
- 1 lime (cut into quarters)
- 2 kiwis (halved)

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. Make 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 1/2 cube Edward and Sons "Not Chick'n Bouillon" and 1 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. Stir until wasabi dissolves. Heat to boiling, then reduce heat to simmer.

Cook Noodles

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

Snow Peas and Vegetables/Plate

1. Brown sliced mushrooms in canola oil in a wok or large sauté pan. Remove from pan and set aside.
2. Using the same pan, measure additional sesame oil and canola oil into pan. Heat until oil begins to shimmer. Toss cabbage, snow peas and red onion until cabbage starts to brown.
3. Add garlic and toss until fragrant.
4. Break tofu into vegetable mixture. Return all mushrooms to pan with vegetables. Toss and remove from heat.
5. Divide drained, cooked noodles between two large shallow bowls. Divide vegetables mixture over the top of the noodles. Pour hot noodle broth over each of the bowls. Garnish bowls with chopped peanuts, green onion and chopped cilantro leaves. There will be lots of slurping broth with each bowl of noodles.
Place a quarter piece of lime next to each bowl. Serve halved kiwis 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, peanut butter, 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