

Japanese Noodles with Broccoli

Yummy steamed broccoli is featured in this Japanese Udon noodle bowl tonight. A tasty broth with touches of brown-rice miso and wasabi surrounds the noodles and vegetables. The bowl is finished with a sliced hard-boiled egg, green onions, chopped peanuts chopped cilantro and a splash of lime juice.

Preparation Time: 40 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

I like to organize ingredients on small plates or in bowls so they are easy to add (and more fun to cook!). Chop a total of 2 cloves of garlic for this recipe: 1 for the Noodle Broth and 1 for the Vegetables.

Hardboiled Eggs

2 eggs

Japanese Noodles and Vegetables

2 bunches Japanese Udon Noodles

2/3 C. carrot (sliced diagonally)
2 C. broccoli (chopped into bite-sized pieces)

1 tsp. sesame oil
4 medium-sized white mushrooms (sliced)
1 tsp. canola oil
1/2 C. red bell pepper (thin-sliced)
1 clove garlic (smashed and chopped)

Noodle Broth

1/2 cube "Not Chick'n" bullion dissolved in
2 C. boiling water

2 tsp. brown miso
1/4 tsp. wasabi paste

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

1/4 tsp. grated fresh ginger
1 tsp. smooth peanut butter
2 T. rice wine vinegar

Garnishes and Finish

3 green onions (thin-sliced – entire onion)
4 T. peanuts chopped
2 T. cilantro (chopped)
1 T. lime juice

1 orange (sliced into thin rounds)

*First Thing!
Put Noodle Water
on to boil.*

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

You're ready to cook this meal. Follow the sequence below and enjoy!

When you serve the dish the boiling broth will reheat the cooked noodles and vegetables.

Hardboiled Eggs

1. Bring 2 C. water and a pinch of salt to a hard boil in a saucepan.
2. Using a perforated spoon, lower eggs into boiling water, reduce heat to medium-low, cover pan and boil for 11 minutes.
3. Drain hot water and refill the pan with cold water. Leave eggs in cold water until ready to use.

Noodle Broth

1. Dissolve 1/2 cube "Not Chick'n" bouillon in 2 C. boiling water.
2. Add brown miso and wasabi paste and stir until dissolved.
3. Using a medium-size pan, heat chopped garlic in sesame oil until garlic becomes fragrant.
4. Pour bouillon broth with miso over garlic.
5. Add grated fresh ginger, peanut butter and rice wine vinegar.
6. Bring to a boil and stir well. Reduce heat to simmer. Let stand until ready to serve.

Japanese Noodles and Vegetables

1. Cook noodles in boiling water for 10 minutes or per package directions. Reserve 1/2 C. starchy noodle water, then drain and rinse noodles.

2. Cover and steam sliced carrots 2 minutes over boiling water. Add broccoli, cover and steam 3 more minutes. Remove from heat. Shock steamed vegetables with cold water.
3. Brown mushrooms in sesame oil. Remove from pan and set aside.
4. Add canola oil to pan. Heat oil until it shimmers and sear peppers until they begin to char. Add garlic and toss briefly. Remove pan from heat and set aside with other veggies.

Assemble and Serve:

1. Divide noodles between two large flat bowls and arrange vegetables over noodles.
2. Return broth to a boil and pour 1/2 of the broth over each bowl.
3. Peel and slice eggs and fan over top of noodles.
4. Garnish with chopped green onions, peanuts, and cilantro and a squeeze of fresh lime juice.

Serve sliced oranges on the side.

What I've Learned from this Recipe

The combination of flavors in this noodle broth demonstrates how to prepare a plant-based broth that any diner will enjoy. The flavors are additionally enhanced by the green onions and lime juice.

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