

# Japanese Noodles with Bok Choy

The ever-versatile bok choy graces a Japanese Udon noodle bowl tonight. A tasty and memorable 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 and chopped peanuts.

**Preparation Time: 40 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients so everything is at your fingertips as you assemble this noodle bowl. Chop 2 cloves of garlic tonight: 1 for the broth and 1 for the Japanese Noodles.

### Hard Boiled Eggs

1 quart water  
pinch of salt  
2 large eggs

### Japanese Noodles and Vegetables

2 bunches Japanese Udon Noodles

2/3 C. carrot (sliced diagonally)  
1 T. canola oil  
4 medium white or cremini mushrooms (sliced)  
1 tsp. sesame oil  
2/3 C. red bell pepper (thin-sliced)  
1 clove garlic (smashed and chopped)  
1 tsp. sesame oil  
2 C. bok choy (well washed, stems and leaves chopped separately)

3 green onions (green stems and bulbs chopped)  
4 T. peanuts (chopped)  
1 T. lime juice

1 orange (sliced into thin rounds)

### 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

**First Thing!**  
Boil 2 quarts water for the  
Noodle Broth

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

### Basic Assembly Instructions

You're ready to cook this meal. Just follow the flow as described and enjoy your delicious noodle bowl.

### Hard Boiled Eggs

Bring water to a rolling boil. Using a perforated spoon, lower eggs into the water return to a boil. Reduce heat to medium-low, cover and cook for 11 minutes. Set a timer. Drain and cover with cold water until ready to use.

### Noodle Broth

1. Dissolve 1/2 cube "Not Chick'n" bouillon in 2 C. boiling water to make broth base.
2. Whisk brown miso and wasabi paste into bouillon mixture until dissolved.
3. In a medium saucepan, toss chopped garlic in sesame oil until garlic becomes fragrant.
4. Pour broth mixture over garlic.
5. Add brown sugar, peanut butter, grated fresh ginger and rice wine vinegar.
6. Bring to a boil and reduce heat to simmer. Let stand while finishing the meal.

### Japanese Noodles and Vegetables/ Assemble Bowls

Drop noodles into boiling water and cook 7-8 minutes, or until tender. When noodles are done, reserve 3/4 C. starchy cooking water and add it to the broth mixture. Drain and rinse noodles.

1. Steam sliced carrots 4 minutes over boiling water. Shock with cold water when finished.
2. Brown mushrooms in canola oil in a large sauté pan. Remove from pan and set aside.
3. Using the same pan, add sesame oil and sear sliced peppers about 2 minutes or until they begin to brown. Add chopped garlic and toss until garlic becomes fragrant. Remove from pan.
4. Add 1 more tsp. sesame oil and sear bok choy stems until they begin to brown. Add bok choy tops and remove from heat.

#### Assemble and Serve:

1. Rewarm noodles 40 seconds in microwave and divide between two large flat bowls.
2. Divide vegetables between bowls arranging them over the noodles.
3. Sprinkle with green onions and peanuts.
4. Peel and slice eggs. Fan one sliced egg over each bowl. Return broth to a boil and pour over each serving. Squeeze lime juice over each bowl and call folks to the table.
5. Serve sliced oranges on the side.

### 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 ingredients will finish the cooking process.

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