

Udon Noodle & Spicy Peanut Stir-Fry

VEGETARIAN

with Mushrooms, Carrots & Bok Choy

🕒 20-30 MINS | 2 SERVINGS

Hearty, delightfully chewy udon noodles are a comfort food staple perfect for pairing with umami-rich sauces, like the combo of smooth peanut butter spread, soy sauce, sambal oelek, and more that we're using in this dish. For a final kick, we're topping it all with a sprinkle of furikake—a vibrant Japanese blend that highlights dried seaweed, sesame seeds, and chile flakes.



MATCH YOUR BLUE APRON WINE



Crisp & Minerally

Serve a bottle with this symbol for a great pairing.



Ingredients



1/2 lb
FRESH UDON
NOODLES*



4 oz
CREMINI
MUSHROOMS



1 Tbsp
SOY SAUCE



1 Tbsp
SAMBAL OELEK



1/3 cup
ASIAN-STYLE
SAUTÉED
AROMATICS



1 Tbsp
SMOOTH PEANUT
BUTTER SPREAD



10 oz
BABY BOK CHOY



6 oz
CARROTS



2 tsps
HONEY



1 Tbsp
WHITE WINE
VINEGAR



1 tsp
FURIKAKE

*previously frozen



To find out more about Wellness at Blue Apron visit us at www.blueapron.com/pages/wellness, or for further nutrition information see the Nutrition Facts card.



1 Prepare the ingredients:

- Remove the **honey** and **noodles** from the refrigerator to bring to room temperature.
- Wash and dry the fresh produce.
- Cut the **mushrooms** into bite-sized pieces.
- Peel the **carrots** and thinly slice on an angle.
- Cut off and discard the root ends of the **bok choy**; roughly chop.

2 Make the sauce:

- In a bowl, whisk together the **peanut butter spread**, **vinegar**, **honey** (kneading the packet before opening), **soy sauce**, **¼ cup of warm water**, and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be.



3 Start the stir-fry:

- In a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **mushroom pieces** and **sliced carrots** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **sautéed aromatics** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the vegetables are softened.
- Add the **chopped bok choy**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the bok choy leaves are wilted.



4 Finish the stir-fry & serve your dish:

- Meanwhile, using your hands, carefully separate the **noodles**.
- To the pan of **cooked vegetables**, add the **prepared noodles** and **sauce** (carefully, as the liquid may splatter). Cook, stirring constantly, 1 to 2 minutes, or until thoroughly combined and the noodles are heated through.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **finished stir-fry** garnished with the **furikake**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)* Calories: 610, Total Carbohydrates: 73g, Dietary Fiber: 6g, Added Sugar: 6g, Total Fat: 30g, Saturated Fat: 6g, Protein: 15g, Sodium: 1660mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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