



Cooking Made Easy

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## Soba Noodle Stir-Fry

with Corn, Mushrooms & Red Pepper



We're using soba noodles – a traditionally Japanese ingredient – in a very non-traditional way here. We love the unexpected combo of hearty buckwheat noodles and a creamy, parmesan-spiked sauce. A quick sauté of mushrooms, sweet corn, and red bell pepper adds bursts of texture throughout the dish.



Buckwheat Soba Noodles



Button Mushrooms



Scallions



Red Bell Pepper



Garlic



Parmesan Cheese



Sour Cream



Corn

Ingredients	2 People	4 People
Buckwheat Soba Noodles	1)	2 handfuls
Button Mushrooms		4 oz
Red Bell Pepper		1
Scallions		2
Garlic		2 cloves
Corn		1 ear
Sour Cream	2)	4 T
Parmesan Cheese	2)	¼ C
Olive Oil*		1 T

\*Not Included

### Allergens

- 1) Wheat
- 2) Milk

### Tools

- Large Bowl,
- Large Pot,
- Large Non-Stick Pan,
- Strainer

**Nutrition per person** Calories: 518 cal | Carbs: 60g | Fat: 23g | Protein: 19g | Fiber: 4g

Ruler

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**1** Bring a large pot of **water** to a boil with a large pinch of **salt**. Cut the **corn kernels** off the cob. Thinly slice the **scallions** and **mushrooms**. Mince or grate the **garlic**. Core, seed, and remove white veins from **bell pepper**, then thinly slice. **HINT:** Runaway corn kernels? Lay a large sheet of parchment paper or foil over your cutting board to gather the loose kernels that you've sliced.



**2** Place a large bowl with **ice water** next to the stove. Add the **soba noodles** to the **boiling water**. Cook for 3-4 minutes, until al dente. Drain, reserving ¼ cup of **cooking water**, then place the noodles in the ice water to stop the cooking. Set aside in the ice water.



**3** Heat 1 tablespoon **olive oil** in a large non-stick pan over medium heat. Add the **bell pepper** and **mushrooms** and season with **salt** and **pepper**. Cook, tossing, for about 5 minutes, until softened. Add the **garlic**, **scallions**, and **corn**. Cook, tossing, about 2 minutes, until mushrooms are very soft and bell peppers are crisp-tender.



**4** Drain the **soba noodles** and add them to the pan along with the **sour cream** and **reserved pasta water**. Toss to combine and cook for a minute or two until sauce has thickened and soba noodles are warmed through. Toss with **half the parmesan cheese**. Taste and season with **salt** and **pepper**.

**5** Serve the **soba noodles** with a sprinkle of **remaining parmesan cheese** on top!