



Teriyaki Udon Noodles with Pickled Radish and Mushrooms

Classic 25 Minutes • 2 of your 5 a day • Plant-Based

22



Closed Cup Mushrooms



Red Onion



Bell Pepper



Spring Onion



Radish



Rice Vinegar



Sesame Seeds



Udon Noodles



Teriyaki Sauce

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Chopping Board, Sharp Knife, Small Bowl and Frying Pan.

Ingredients

	2P	3P	4P
Closed Cup Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Red Onion**	1	1	2
Bell Pepper***	1	2	2
Spring Onion**	2	3	4
Radish**	1 small bag	1 large bag	2 small bags
Rice Vinegar	1 sachet	2 sachets	2 sachets
Sugar*	1 tsp	2 tsp	2 tsp
Sesame Seeds 3)	1 pot	1 pot	1 pot
Udon Noodles 13)	2 packs	3 packs	4 packs
Teriyaki Sauce 11)	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	500g	100g
Energy (kJ/kcal)	1757 /420	352 /84
Fat (g)	5	1
Sat. Fat (g)	1	1
Carbohydrate (g)	77	15
Sugars (g)	24	5
Protein (g)	13	3
Salt (g)	2.44	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Get Prepped

Thinly slice the **mushrooms**. Halve, peel and thinly slice the **red onion**. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim the **spring onions** then thinly slice. Halve and thinly slice the **radish**.



Pickle the Radishes

Pop the **radish** in a small bowl and add the **rice vinegar** and the **sugar** (see ingredient list for amount). Add a pinch of **salt**, mix together and set aside.



Toast!

Heat a large frying pan over medium heat (no oil). Once hot, add the **sesame seeds** and cook, stirring regularly, until lightly toasted, 1-2 mins. **TIP: Watch them like a hawk as they can burn easily.** Remove from the pan to a bowl and set aside for later.



Get Cooking

Pop your frying pan back on medium-high heat and add a drizzle of **oil**. Once hot, add the **red onion** and fry until softened, 3-4 mins. Add the **mushrooms** and **peppers**, season with **salt** and **pepper** and stir-fry until softened too, 5-7 mins.



Finish the Noodles

Add the **udon noodles** to the pan, break them apart gently with your hands first, and stir-fry, 1-2 mins. Stir in the **teriyaki paste** along with a splash of **water**. Stir through to combine and cook until everything is piping hot, 1-2 mins.



Serve Up

Divide equally into bowls and top with the **pickled radish**, **spring onion** and **toasted sesame seeds**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.