

Yaki Udon

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 30 minutes

Chef's Notes

*Be sure to read the label before purchasing the worcestershire, to ensure it is vegan.

**Sambal Oelek is a prepared sauce made predominately from chile peppers but often includes other spices and ingredients such as fish or shrimp paste, so be sure to check the label.

Step 1: Preparing the Sauce

- 2 tbsp tamari
 - 1 tbsp vegan Worcestershire sauce
 - 1 1/2 tsp toasted sesame oil
 - 2 tbsp mirin
 - 1 tbsp sambal oelek
 - 1 tbsp sweetener
- To prepare the sauce, in a bowl, whisk together the tamari, worcestershire, sesame oil, mirin, sambal and sweetener and set aside.

Step 2: Gathering and Preparing Your Mise en Place

- 1/3 cup onions, thinly sliced
 - 1/2 cup wild mushrooms, sliced
 - 1/3 cup bell pepper, julienne thin
 - 1/3 cup carrot, julienne thin
 - 1/4 cup green onion, julienne thin
 - 1 1/2 tbsp fresh ginger, fine julienne
 - sea salt, to taste
 - freshly ground pepper, to taste
 - 4 cups Fresh Udon Noodles, cooked
- To prepare your mise en place, cut all the vegetables.
- Drop the Fresh Udon Noodles in boiling water, and cook until they float to the top, about 3 minutes. Strain and set aside.

Step 3: Cooking the Dish

- 2 1/2 tbsp canola or peanut oil
- In a hot wok, add the oil and onions and stir-fry until golden. Add the rest of the vegetables, ginger and the cooked noodles and stir-fry for 1 minute. Add sauce around the edge of the wok and stir-fry for 3 more minutes. Season to taste with salt and pepper and serve.