

Udon

Your new ramen replacement

Servings: 1 serving

Cook Time: 30 min



- 1 Tbsp miso paste
- 9 oz frozen udon noodles
- 8 oz firm tofu, diced
- 1 tsp oil
- Baby bok choy, cabbage, or spinach as desired
- ½ package enoki mushrooms
- Chopped green onions (optional)
- Shredded seaweed (optional)

1. Bring two cups of water to a boil.
2. Heat pan with oil and stir fry tofu for about 10 minutes. Season with salt and pepper and set aside.
3. Dissolve 1 tablespoon of miso paste in a small bowl with warm water and mix. Stir into boiling water.
4. Add one serving of frozen udon noodles to the soup.
5. Add vegetables, mushrooms, and tofu. Let sit for 1 minute for vegetables and mushrooms to cook.
6. Transfer to a bowl. Garnish with green onions and seaweed and serve.