

# COLD UDON NOODLE BOWL

Submitted by: Jonathan Song, M2

This build-your-own noodle bowl is very customizable, delicious, and can be meal prepped for the week ahead! It is super easy to make and can be done in 30 minutes.

## INGREDIENTS

### Essential

- Dried or frozen udon noodles
- Sauce (1/4 cup per portion):
  - 1 cup dashi stock (0.5 - 1 tsp dashi powder with 1 cup hot water)
  - 1/4 cup soy sauce
  - 2 tbsp mirin (OR substitute 1 tbsp honey with 1 tbsp water)

### Add-Ins (Pick and choose what you want)

- Meat (Can marinate in Korean BBQ/bulgogi/kalbi marinade):
  - Thinly sliced/shaved beef
  - Chicken breast/thigh
  - Firm tofu
  - Steak
- Vegetables
  - Onions cut into half moons/strips
  - Carrots, thinly sliced
  - White/brown mushrooms, sliced
  - Baby boy choy
  - Broccolini
- Toppings
  - Sesame seeds
  - Crushed chili flakes
  - Fried onions/shallots
  - Green onion, chopped
  - Chili oil
  - Shredded seaweed



## DIRECTIONS

1. Stir fry vegetables and meat separately.\*
2. Prepare the sauce.
3. Boil udon noodles until al dente. Frozen udon will take a few minutes, dried udon will take a bit longer. Immediately drain and rinse with cold water until cool.
4. Assemble by mixing together noodles, vegetables, meat, and 1/4 cup of sauce (use as little to get all the noodles and add-ins coated while having a little residual sauce on the bottom).
5. Add toppings and enjoy!

\*Note: Vegetables, meat, and sauce can be prepared ahead of time and kept in the fridge for up to a week. Noodles should be made right before eating. Toppings can be slightly reheated in the microwave for 30-60 seconds before eating.

