

Vegan Yaki Udon

Recipe recommended by ANISSA LEE
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MACRONUTRIENT VALUES PER 100G

| Nutritional values per 100g | | |
|-----------------------------|----------|-----|
| | PER 100G | %RI |
| Energy (kj) | 516kj | 6% |
| Energy (kcal) | 122kcal | 6% |
| Fat | 1.8g | 3% |
| of which saturates | 0.2g | 1% |
| Carbohydrate | 22g | 8% |
| of which sugars | 4.9g | 5% |
| Fibre | 1g | 4% |
| Protein | 3.4g | 7% |
| Salt | 1g | 17% |

Generated by Nutritics v5.61 on 22/08/2022

INGREDIENTS: (Serves 2 - 526 kcal per 432g serving)

- 450g Udon noodles, instant, cooked (**GLUTEN**)
- 60g Onion, white, sliced
- 1 Tablespoon Oil, vegetable
- 78g Cabbage, raw, thin slices
- 67g Carrots, raw, flesh only, thin slices
- 67g Capsicum, red, raw, thin slices
- 2 Tablespoon Soy sauce (**SOYA**)
- 1 Tablespoon Rice vinegar
- 1 Teaspoon Sugar, white
- 2 Tablespoon Tomato ketchup (**GLUTEN**) or puree
- 15g Shitake mushroom, dried, soaked, sliced

OPTIONAL EXTRAS:

- 10g Spring onions, raw, bulbs and tops, sliced
- 1 Tablespoon Sesame seeds (**SESAME**)

METHOD:

- Heat a large wok or pan with oil over medium high heat. Once hot, add in onions. Sauté until tender then add in the bell pepper, carrots, and mushrooms.
- Pour some water to cook down the carrot. Mix well and cook over high heat. Add in the cabbage. Leave the veggies untouched for 3-4 minutes until lightly browned at the bottom. Season the veggies with salt and pepper.
- Once the veggies are tender, add in the udon noodles. Pour in the sauce and mix well.
- Leave the noodles to cook for a few minutes until the udon has absorbed the sauce. Season with salt and pepper, to taste, if needed.
- Garnish with some chopped scallions/ spring onions and sesame seeds, if desired.

ALLERGENS



GLUTEN



SOYA



SESAME

MODIFY

Switch udon for rice noodles for gluten-free (ensuring to use a gluten-free ketchup or tomato puree)

CREDIT

Recipe by: Foodietakesflight
Photo by: Foodietakesflight

