

**Stir Fried Udon Noodles  
Green Lentils with Mustard Greens  
by  
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**Stir Fried Udon Noodles**

**Allergens:** Wheat, Peanuts

**Ingredients**

- 8 ounces udon noodles
- 2 teaspoons toasted sesame oil
- ⅓ cup unsweetened, no-salt-added peanut butter
- ¼ cup unsalted vegetable broth or water
- 1½ tablespoons low-sodium soy sauce
- 1½ tablespoons rice vinegar
- 2 teaspoons extra-virgin olive oil
- 1 small carrot, cut into matchsticks
- 1 red bell pepper, cut into thin strips
- 7 scallions, sliced on a sharp diagonal
- ¼ cup coarsely chopped cilantro, packed
- 1 lime, cut into wedges

**Directions**

1. Fill a large saucepan with water and bring to a boil over medium-high heat.
2. Add the noodles gradually so the water doesn't stop boiling. Cook, stirring occasionally, until the noodles are just tender. Drain in a colander. Rinse the noodles well under cold running water, using your hands to help remove surface starch. Drain well and return to the saucepan. Add the toasted sesame oil and shake the saucepan to coat the noodles with it.
3. Put the peanut butter, broth, soy sauce, and vinegar in a small bowl and stir until well combined. If the mixture is very thick, add 1 or 2 tablespoons of water. It should be thick enough to coat a spoon.
4. Put the olive oil in a wok or large skillet over medium-high heat. Swirl wok to coat with the oil. When hot, add the carrot and red pepper. Cook, stirring briskly, until the vegetables are tender-crisp, 2 to 3 minutes. Add the scallions and cook, stirring constantly until just barely wilted, about 1 minute. Add the noodles and the peanut sauce. Toss gently until the sauce and vegetables are evenly combined with the noodles.
5. Divide the noodles and vegetables among four shallow bowls. Garnish with the cilantro and serve with the lime wedges.