

Glazed Udon Noodles with Tofu, Asparagus and Mushrooms

Ingredients:

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Spices Used: [mc_spicesused]

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Instructions:

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Ingredients:

½ LB extra firm tofu, dried well and cut into cubes or triangles.

2 TBL sesame seeds

2 TBL oil

5-6 cloves garlic, finely chopped

2-3 tsp ginger, finely chopped

2-3 tsp Chinese Five Spice

1 medium red sweet pepper, cored and sliced

½ LB button mushrooms, cleaned and sliced

1 small bunch asparagus, trimmed and cut into 2 inch pieces.

¼ cup sake or rice wine.

¼ cup soy sauce.

¼ mirin

½ LB udon noodles

Instructions:

1 - In a large non-stick pan, brown tofu pieces over medium heat on two sides. Set aside and keep warm.

2 - In a large wok, roast sesame seeds for 1 to 2 minutes over medium-high heat.

3 - Add oil, garlic and ginger and sauté for 1 to 2 minutes.

4 - Add Chinese Five Spice and sauté for 1 minute.

5 - Add peppers and mushrooms, cook for 2 to 3 minutes.

6 - Add asparagus and cook for 2 to 3 minutes.

7 - Add sake or rice wine and shake wok to deglaze browned bits.

8 - Add mirin and soy sauce. Cook down for a few minutes until thick and the vegetables look glazed. Cover and set aside.

9 - Cook udon noodles according to package instructions. Mix with glazed vegetables. Add tofu and mix.

10 - Garnish with cilantro or scallions, and red pepper flakes

Spices Used: Chinese Five Spice

Prep Time: 10 mins

Cook Time: 45 mins