



20-minute meal

Udon noodle salad with seared tofu and miso-citrus dressing

These fresh Japanese noodles cook in just a few minutes, so they're ready to toss with pan-seared tofu and fresh vegetables to make a quick, satisfying meal. But it's one of Chef Justine's favorite citrus fruits, the Cara Cara orange, which plays the starring role here. We love its beautiful pink flesh and its unusual flavor, sweeter and slightly less tart than ordinary oranges.

20

Minutes

760

Cal/serving

2

Servings

Vegetarian

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SUN BASKET

What You'll Need

From your basket

- ¾ pound fresh udon noodles
(contains wheat)
- 2 teaspoons black sesame seeds
- ¾ pound Hodo Soy firm tofu
- ½ pound Napa cabbage
- 1 red bell pepper
- 1 Cara Cara orange
- Fresh cilantro
- 1 lime
- Miso dressing base
(yellow miso - honey - rice vinegar -
sesame oil)
- 2 teaspoons sambal oelek
optional 🌶️

From your pantry

Kosher salt, neutral oil

Tools

Zester, strainer, whisk, *optional*,
large bowl, medium sauce pot,
large frying pan

Protein: 35g (70% DV), Fiber: 14g (56% DV),
Added Sugars (Honey): 5g, Carbohydrates:
91g. **Contains:** soy, wheat. Not a
significant source of trans fat. **Packed in a
facility that handles wheat.**

Prep + Cook

Wash produce before use.

1. Cook the udon

Bring a medium pot of salted water to a boil. Add the **udon** and cook until just tender, 2 to 3 minutes. Drain and rinse the **udon** thoroughly with cold water to stop the cooking.

While the water heats and the **udon** cooks, toast the **sesame seeds**.

2. Toast the black sesame seeds

In a large pan over medium-low heat, add the **black sesame seeds** and toast, stirring occasionally, until just fragrant, 2 to 3 minutes. Transfer to a plate to cool.

3. Prep and cook the tofu

- Cut the **tofu** into ¼-inch-thick strips.

In the same pan over medium-high heat, warm 1 tablespoon oil until hot but not smoking. Add the **tofu** and cook until browned, 3 to 5 minutes per side. Transfer to a plate.

While the **tofu** cooks, prepare the remaining salad ingredients.

4. Prep the remaining salad ingredients

- Cut the **cabbage** in half lengthwise; core and thinly slice the **cabbage**.
- Remove the stem, ribs, and seeds from the **bell pepper**; thinly slice the **pepper**.
- Using your hands or a sharp knife, peel the **orange**; split the **orange** in half, then cut the halves crosswise into ¼-inch-thick half-moons. Discard any seeds.
- Coarsely chop the **cilantro**.

5. Make the miso-citrus dressing

- Zest and juice the **lime**.

In a large bowl, combine the **miso vinaigrette base** with the **lime** zest, juice, and as much **sambal oelek** as you like. Whisk until blended.

Add the **udon**, **tofu**, **cabbage**, **bell pepper**, **orange**, and **cilantro** and toss to coat. Season to taste with salt, if needed.

6. Serve

Transfer the salad to individual plates. Garnish with the **sesame seeds** and serve.