

Stir-Fried Udon Noodles with Pork

Just like take-out, but better.



INGREDIENTS:

- 2 tablespoons vegetable oil, divided
- 4 cups coarsely chopped green cabbage
- 14 ounces Udon noodles
- 2 teaspoons toasted sesame oil
- 8 ounces ground pork
- 5 scallions; white and light green chopped, dark green parts thinly sliced
- 2 teaspoon crushed red pepper flakes
- 1 teaspoon crushed red pepper flakes
- 1/3 cup mirin (substitute rice vinegar if needed)
- 1/3 cup soy sauce
- 1 tablespoon toasted sesame seeds

DIRECTIONS:

1. Over medium-high heat, add 1 tablespoon vegetable oil to a skillet.
2. Add cabbage and cook, tossing often, for about four minutes or until edges are browned.
3. Reduce heat and cook an additional four minutes, until all cabbage is tender. Remove from heat.
4. Place Udon noodles in a large bowl or pot and cover with boiling water. Let sit for 1 minute, stirring to break up noodles, then strain in a colander. Transfer to the large bowl and toss with sesame oil.
5. Heat remaining 1 tablespoon vegetable oil in a skillet over medium-high heat. Add ground pork, breaking it up into smaller pieces. Let cook 3 minutes undisturbed.
6. Continue to cook 1 minute while breaking pork into smaller pieces, making sure there are no pink pieces left.
7. Add chopped scallions, ginger and red pepper flakes. Continue to cook, tossing often and until scallions are browned, about 1 minute
8. Add Udon noodles, mirin, and soy sauce to pork mixture. Stir often, until noodles are coated.
9. Remove from heat and add toasted sesame seeds and sliced scallions.

Source: bonappetit.com



Innovating primary care, leading as a Patient-Centered Medical Home.