

Udon Noodle Salad with Sriracha Roasted Brussels Sprouts

Asian flavors bring out the best in Brussels sprouts. Especially when you roast them with our sweet and spicy sriracha sauce, which gives them a magical flavor we just can't resist. Paired with organic tofu, udon noodles and roasted peanuts, it's just as delicious hot as it is cold.

30 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Saucepan
- Rimmed Baking Sheet
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Brussels Sprouts
- Tofu
- Udon Noodles
- Soy Lime Sauce
- Sriracha
- Peanuts

Make The Meal Your Own

If you ordered the **carb conscious version**, you received zucchini "noodles" instead of udon noodles, reducing the **carbs per serving to 37g**. In step 2., heat 1 Tbsp olive oil in a large skillet over high heat. Dry the Zucchini Noodles with a paper towel. When the oil is very hot, place the zucchini noodles in the pan in a single layer spread evenly across the entire skillet. Lightly salt and pepper. Cook, without stirring, until the zucchini noodles are slightly charred, 2 to 3 minutes. Remove from the pan and put directly into bowl.

We love to eat this as a cold noodle salad, but if you want to eat right away, it's just as delicious served hot.

Cooking with a picky eater? Keep the ingredients separate and let everyone create their own bowl.

Good To Know

If you're making the gluten-free version, we've sent you rice noodles instead. Cook until tender, about 7 minutes, then drain and rinse under cold water.

Health snapshot per serving – 565 Calories, 19g Fat, 39g Protein, 65g Carbs, 15 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Brussels Sprouts, Tofu, Udon Noodles, Lime, Tamari Sauce, Brown Sugar, Sriracha, Peanuts

meez *meals*

1. Getting Organized

Preheat your oven to 450 and put a saucepan of water on to boil.

2. Roast the Brussels Sprouts & Bake the Tofu

Put the **Brussels Sprouts** on a rimmed baking sheet. Drizzle with olive oil, then arrange in a single layer. Bake for 15 minutes and then add the **Tofu** to the baking sheet. Cook until the Brussels sprouts are brown in places, about 10 additional minutes.

The crispiness level is up to you. Jen likes her sprouts on the crispy side, while Chef Max prefers them a little soft.

3. Cook the Udon

While the Brussels and tofu are cooking, add the **Udon Noodles** to the boiling water and cook until just soft, about 7 to 10 minutes. Drain.

4. Put It All Together

Put the **Soy Lime Sauce** into a large mixing bowl with 1 to 2 Tbsp olive oil. Stir to combine and then add **Sriracha** to taste. Toss with the sprouts and tofu when they come out of the oven.

If you don't like a lot of heat, start with just a touch of Sriracha.

Chill the udon noodle salad until ready to eat. Season with salt and pepper to taste and serve topped with **Peanuts**. Enjoy!

If you want to eat right away, this dish is also delicious served hot.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois