

Sesame-Soy Lotus Root with Somen Noodles

New to lotus root? It's a delicious, crunchy Asian vegetable that we're cooking up with a sweet sesame-soy glaze, seared root vegetables and somen noodles for a fresh spin on a classic Asian stir-fry.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Somen Noodles
Parsnips, Carrots & Leeks
Lotus Root
Sesame-Soy Glaze
Sesame Seeds & Green
Onion

Make the Meal Your Own

If you are cooking the gluten-free version, we sent you Glass Noodles. Here's how to cook them:

Boil enough water to completely submerge the glass noodles, then place them in a mixing bowl large enough for them to lie flat on the bottom. When the water is boiling, carefully pour the water over the glass noodles until they are completely submerged. Let the noodles soak for 2 to 3 minutes until they are soft. Remove the noodles from the hot water, place in a colander, Drain the noodles well.

Good to Know

Lotus root has a wide range of health benefits including improved digestion, reduced cholesterol, lower blood pressure, boosting the immune system, balancing mood, increase the blood circulation, and maintain proper enzymatic activity.

Health snapshot per serving – 585 Calories, 14g Protein, 4g Fat, 127g carbs, 14 Freestyle Points.

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

INGREDIENTS: Lotus Root, Parsnips, Carrots, Leeks, Ginger, Green Onion, Somen Noodles, Maple Syrup, Tamari, Garlic, Ginger, Sesame Oil, Sesame Seeds, Sambal.

meez meals

1. Prepare the Noodles

Set a pot of water to boil in a large saucepan over high heat. When water is boiling add the **Somen Noodles** and cook until tender and slightly translucent, about 3 minutes. Remove from the heat, drain and set aside.

2. Sauté The Root Vegetables

Heat 2 Tbsp olive oil in a large skillet over high heat. Sauté the **Parsnips, Carrots & Leeks** until they start to soften and turn brown, about 3 minutes. Remove from heat and set aside. Wipe out the pan.

3. Cook Lotus Root

Return the skillet to the stove with 1 Tbsp olive oil over medium-high heat. Pat dry the **Lotus Root** (the vegetable that look like white disks with holes) and add to the pan when the oil is hot. Cook on one side until the lotus root turns golden brown, about 3 minutes. Flip and cook until the other side is golden brown, an additional 3 minutes.

Add two-thirds of the **Sesame-Soy Glaze** to the pan and stir continuously until the sauce starts to bubble and thickens to the consistency of syrup. Turn off the heat and remove the lotus root from pan but leave the excess sauce.

4. Putting It All Together

Add the cooked noodles to the pan and stir until they are coated with the sauce. Place the noodles on serving plates and top with the seasoned vegetables, lotus root, and **Sesame Seeds & Green Onion**. Drizzle the remaining sauce on top. Serve and enjoy!

Instructions for two servings.

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