

# Thai Noodles with Sweet Potatoes and Mushrooms

We love the flavors of Thailand, and are always looking for new combinations. When we put red curry and miso together, we knew we had an instant hit. They pair to make a spicy, savory, all-around-magical glaze that's perfect with udon noodles, sweet potatoes and shiitake and cremini mushrooms. It's a dinner members have fallen in love with.

**35** Minutes to the Table

**15** Minutes Hands On

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Rimmed Baking Sheet  
Saucepan  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Sweet Potatoes  
Edamame  
Mushrooms  
Miso-Red Curry Glaze  
Udon Noodles

## Make The Meal Your Own

**Cooking with a picky eater?** Keep the mushrooms separate and let everyone add to taste.

**Make ahead tip** – Roast the sweet potatoes ahead of time. When you're ready to eat, reheat them in the oven or in a separate skillet with 3 Tbsp of oil for 5 minutes.

## Good To Know

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

**Health snapshot per serving** – 480 Calories, 19g Protein, 13g Fiber, 13 Smart Points

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

INGREDIENTS: Sweet Potatoes, Edamame, Mushrooms, Udon Noodles, Miso, Red Curry Paste, Agave, Tamari Sauce, Sesame Seeds

meezmeals

## 1. Getting Organized

Preheat your oven to 425 and put a pot of water on to boil.

## 2. Roast the Sweet Potatoes

Put the **Sweet Potatoes** on a rimmed baking sheet. Drizzle with olive oil and season with salt and pepper. Toss, then arrange in a single layer and bake until golden at the edges, about 20 minutes.

## 3. Cook the Mushrooms and Edamame

While the potatoes are roasting, heat 1 ½ Tbsp olive oil in a large skillet over medium-high heat. Add the **Edamame** and cook for 3 minutes, then add the **Mushrooms**. Sauté until the mushrooms are tender, about 5 to 10 minutes. Add the **Miso-Red Curry Glaze** and 2 Tbsp of olive oil. Mix well and remove from heat.

*The oil is important for creating the glaze, so don't skimp on it.*

## 4. Cook the Udon

Salt the boiling water and add the **Udon Noodles**. Cook until al dente, about 7 to 10 minutes. Drain.

## 5. Put It All Together

Toss the udon noodles with the sweet potatoes, mushrooms and edamame. Season with salt and pepper to taste. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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