

# Kung Pao Edamame with Udon Noodles

We're hooked on Kung Pao sauce. The spicy sweet flavor just makes stir-fry come to life. We're cooking our version with edamame, carrots and red peppers, then serving it over udon noodles with some peanuts to finish it all off. It's a speedy meal perfect for any night of the week.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

## Getting

## Organized

### EQUIPMENT

Large Skillet  
Saucepan

### FROM YOUR PANTRY

Olive Oil  
Salt &  
Pepper

### 4 MEEZ CONTAINERS

Asian  
Vegetables  
Sesame Soy  
Sauce  
Udon  
Noodles  
Peanuts

## Add Protein Cooking Instructions

**CHICKEN** - Prior to Step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes. Slice into strips and stir into the noodles in Step 4.

**STEAK** - Prior to Step 3, heat 1 Tbsp olive oil in a large skillet over high heat. Salt and Pepper the steaks and when the skillet is very hot, add the Steaks to the pan. Cook until the bottoms brown and the sides start to color, about 4 minutes each side for medium (3 min med-rare and 5-6 min for well done). Let rest for 5 minutes. Slice into strips and stir into the noodles in Step 4.

**SHRIMP** - Prior to Step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side. Stir into the noodles in Step 4.

## Good To Know

If you're cooking the **Carb Conscious version**, we sent you zucchini "noodles" instead of udon reducing the **carbs to 34g per serving**. Skip Steps 1 and 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 them in the pan in a single layer. Cook, without stirring, until the zucchini noodles start to char, 2 to 3 minutes. Remove from the skillet and use in place of the noodles in Step 4.

**If you're making the gluten-free version**, we've given you rice noodles, instead. Cook until tender, about 5 minutes, drain and rinse under cold water.

**Health snapshot per serving** – 465 Calories, 18g Protein, 10g Fiber, 14 Smart Points

SCAN QR CODE  
to view  
YouTube  
cooking video



INGREDIENTS: Edamame, Udon Noodles, Carrots, Red Peppers, White Wine, Peanuts, Tamari Sauce, Sambal, White Vinegar, Brown Sugar, Sesame Oil, Garlic

*meez* meals

### 1. Getting Organized

Bring a large pot of water to a boil.

### 2. Cook the Udon Noodles

Salt the boiling water and add the **Udon Noodles**. Cook until they are soft, about 5 to 7 minutes, then drain.

### 3. Cook the Vegetables

As soon as the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Asian Vegetables** and cook until the edamame is tender, about 5 to 7 minutes. Add the **Sesame Soy Sauce** and cook, stirring, until hot, about 2 to 3 minutes. Season with salt and pepper to taste.

### 4. Put It All Together

Serve the udon noodles topped with veggies and sauce and finish with a sprinkling of **Peanuts**. Enjoy!

*A large pot of water gives the noodles lots of room to cook properly.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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