

# 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

## Add Protein Cooking Instructions

**Integrate into recipe:** While the udon noodles are cooking in step 3, cook the protein (per the instructions below). Slice the protein into strips (flake the salmon, leave the shrimp whole). Stir into the salad in step 4.

**Cook protein:** Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the:

CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

## Make the Meal Your Own

If you ordered the **carb conscious version**, you received zucchini "noodles" reducing the **carbs per serving to 37g**. In step 2., heat 1 Tbsp oil in a large skillet over high heat. Cook the zucchini with a little salt & pepper, without stirring, until the charred, about 3 minutes. Transfer directly to serving bowls.

**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.

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

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

SCAN QR CODE  
to view YouTube  
cooking video



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

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## 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**

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