

Udon Noodles with Spicy Green Beans

We're mixing up a sweet and spicy Asian sauce this week with almonds, chili peppers, agave and tamari. The flavors are addictive, and perfect with green beans, organic tofu and udon noodles. The result is a sophisticated dinner that's on the table in 20 minutes. That's our type of meal!

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Green Beans
Udon Noodles
Spicy Sweet Asian Sauce
Tofu
Water Chestnuts

Make the Meal Your Own

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of the udon, reducing the **carbs per serving to 40g**. Skip step 1. Prior to step 4., pat dry the zucchini noodles, add 1 Tbsp oil to a large skillet. Cook on medium-high heat until they start to brown, about 3 minutes. Remove from the skillet and set aside. Do not wipe out the skillet and continue on with step 4.

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

Good to Know

Health snapshot per serving – 550 Calories, 19g Fat, 28g Protein, 17 Freestyle Points

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

INGREDIENTS: Green Beans, Udon Noodles, Tofu, Water Chestnuts, Tamari, Almonds, Red Onion, Agave Nectar, Rice Wine Vinegar, Crushed Red Pepper, Garlic

meez *meals*

1. Get Organized

Put a large pot of water on to boil.

2. Blanch the Green Beans

Add the **Green Beans** to the boiling water and cook until they are bright green and just barely tender, about 2 minutes. (Don't overcook them. Soggy green beans are what give this tasty vegetable a bad reputation!)

Use a slotted spoon to remove the beans from the pot and rinse under very cold water (this stops them from overcooking). Once the beans are cold to the touch, drain well and set aside.

Be sure to put the green beans into very cold water as soon as you drain them- run the water a few minutes in advance to get it good and cold.

3. Cook the Udon

Return the pot of water to a boil over medium-high heat. Add the **Udon Noodles** and cook until tender, about 10 to 12 minutes. Drain and set aside.

4. Put It All Together

Heat 1Tbsp olive oil in a large skillet over medium heat. Add $\frac{3}{4}$ of the **Spicy Sweet Asian Sauce**. Cook for one minute, add the **Organic Tofu**, **Water Chestnuts** and green beans and cook an additional 2 minutes until everything is heated through. Toss the veggies with the udon and the remaining sauce.

Add a tablespoon or two of water if you'd like the sauce a little thinner.

Love this recipe? #meezmagic

Instructions for two servings.

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