KIKKOMAN

Sticky Sesame Udon Noodles with Teriyaki Wok Sauce with Toasted Sesame

Total time **25 mins** **15 mins** preparation time **10 mins** cooking time

INGREDIENTS

4 portion(s)

1	Red Onion peeled and sliced
4 cm	Piece of fresh ginger, peeled and grated
3	Cloves fresh garlic, peeled and grated
1	Head of broccoli, cut into small florets
200 g	Green beans, trimmed and cut into 2cm pieces
1	Bulb fennel, peeled and trimmed and sliced
200 g	Shitake Mushrooms, cleaned and torn into strips
1	Fresh red chilli, deseeded and sliced
4	portions of udon noodles
5 tbsp	rapeseed oil
200 ml	Vegetable stock
100 ml	Kikkoman Teriyaki Wok Sauce with Toasted Sesame

Garnish

1 tbsp	sesame seeds, toasted
0.5 bunch	spring onion, sliced

PREPARATION

Step 1

5 tbsp rapeseed oil

Set up a pan of boiling water, and heat rapeseed oil in a wok.

Step 2

1 Red Onion peeled and sliced - **4 cm** Piece of fresh ginger, peeled and grated - **3** Cloves fresh garlic, peeled and grated - **1** Head of broccoli, cut into small florets - **200 g** Green beans, trimmed and cut into 2cm pieces - **1** Bulb fennel, peeled and trimmed and sliced - **200 g** Shitake Mushrooms, cleaned and torn into strips - **1** Fresh red chilli, deseeded and sliced

Once your wok is hot, stir-fry the onion for 1 minute, then add the ginger and garlic and cook for 1–2 minutes. Add the broccoli and green beans and cook for 2–3 minutes, followed by the mushrooms, chilli and fennel for a further 2–3 minutes, until just tender.

Step 3

4 portions of udon noodles

At the same time, break up the noodles and have in a basket ready to go into the boiling water.

Step 4

100 ml Kikkoman Teriyaki Wok Sauce with Toasted Sesame

Add Teriyaki Wok Sauce with Toasted Sesame to the wok to coat the veg and turn down heat.

Step 5

4 portions of udon noodles

Cook the noodles according to the instructions on the pack.

Step 6

200 ml Vegetable stock

Drain noodles and add to wok, add a ladle of veg stock, bring to the boil and reduce until sticky. Taste for seasoning and add Teriyaki Wok Sauce with Toasted Sesame if it needs more.

Step 7

1 tbsp sesame seeds, toasted - **0.5 bunch** spring onion, sliced

Serve immediately in bowls, garnish with toasted sesame seeds and spring onions.