

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.