





Udon Noodle Salad

with Grilled Eggplant & Tomato

 30-40min  2 Servings

We've borrowed this recipe from "Martha Stewart's Grilling" cookbook. If you don't have a grill or grill pan, preheat broiler with top rack 6 inches from heat source. Place eggplant and tomatoes on a rimmed baking sheet and broil on top oven rack until lightly browned and tender, flipping once, about 5 minutes.

What we send

- udon noodles ¹
- Italian eggplant
- plum tomatoes
- tamari soy sauce ⁶
- toasted sesame oil ¹¹
- lemon
- fresh cilantro
- roasted, salted cashews ^{5,15}
- scallions

What you need

- kosher salt & ground pepper
- sugar

Tools

- colander
- saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Peanuts (5), Soy (6), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 620kcal, Fat 26g, Carbs 86g, Proteins 18g



1. Prep ingredients

Bring a large saucepan of **salted water** to a boil. Trim and discard end from **eggplant**, then cut crosswise into ½-inch thick rounds. Halve **tomato**. Finely chop **cilantro leaves and stems** together. Coarsely chop **cashews**. Trim ends from **scallions**, then thinly slice on an angle, keeping **dark greens** separate.



4. Make dressing

Squeeze **1½ tablespoons lemon juice** into a large bowl. Add **tamari, sesame oil, scallion whites and light greens, 1 tablespoon neutral oil, ⅔ of the cilantro, a pinch of sugar, and a few grinds pepper**; whisk to combine. Season to taste with **salt**.



2. Cook udon noodles

Add **udon noodles** to boiling water and cook, stirring occasionally to prevent clumping, until just tender, about 5 minutes. Drain, rinse with cold water, and drain again. Toss noodles with **1 teaspoon neutral oil** to prevent them from sticking. Set noodles aside until step 5.



5. Finish noodles

Cut **grilled eggplant** into ½-inch cubes. Coarsely chop **grilled tomatoes**. Add eggplant, tomatoes, and **noodles** to bowl with **dressing**, and toss to combine.



3. Grill eggplant & tomatoes

Heat a grill or grill pan to medium-high until very hot. Brush both sides of **eggplant** and **tomatoes** with **neutral oil**, then season both with **a pinch of salt** and **a few grinds pepper**. Add to grill or grill pan and cook, flipping once, until vegetables are tender and charred, 2-4 minutes per side.



6. Serve

Serve **udon noodle salad** topped with **scallion dark greens, chopped cashews, and remaining cilantro**. Enjoy!