



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...
DAVE'S RECIPE BOX

VEGETABLE UDON CURRY



PREP
15 min



COOK
25 min



SERVES
4

INGREDIENTS:

- > 100g Shitake Mushroom
- > 1 Red Capsicum
- > ½ Shallots Bunch
- > 1 Zucchini
- > 1 Bok Choy Bunch
- > ½ Coriander Bunch
- > 500g Udon Noodles
- > 500ml Yellow Curry Sauce

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Cooking Oil
- > Sesame Seeds (Optional)
- > Salt and Pepper
- > Chilli Seeds (Optional)

METHOD – GET COOKING!



1

Bring a large pot with salted water to the boil.

Finely slice the shitake mushrooms. Cut the capsicum into medium size squares, the bok choy into quarters and the zucchini into half-moon pieces. Cut the shallots into 3cm batons and finely slice the tips for garnishing. Wash and finely chop the coriander, reserving some leaves for garnishing. Set all ingredients aside.

2

In a large frying pan or wok on a high heat, drizzle a generous amount of cooking oil. Sauté the shitake mushrooms and red capsicum for 3 minutes until golden brown. Add the shallots and cook further for 1-2 minutes. Remove from the pan and set aside.

3

Using the same pan on a high heat, drizzle more cooking oil and sauté the zucchini for 1-2 minutes on each side until golden. Remove from the pan and set aside with the mushrooms.

Drizzle more cooking oil in the pan and sear the bok choy for approximately 2 minutes on each side. Remove and set aside.

Add the curry sauce to the pan and bring it to the boil.

4

Meanwhile, cook the noodles in the boiling water for 2 minutes. Drain and add it to the pan with the sauce.

Add the vegetables back to pan and sprinkle the chopped coriander. Mix throughout and bring to the boil.

Serve hot, garnished with coriander and shallots' tips. Add some sesame or chilli seeds if preferred.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
online@harrisfarm.com.au