

# Cold udon noodle with spicy tomato sauce

Cherry tomatoes are low in calories and high in nutritional value. Compared to regular tomatoes, they contain nearly twice as much beta-carotene and vitamin C. One of the nutrients, lycopene, has antioxidant properties and is expected to help prevent lifestyle-related diseases, delay aging, and promotes beauty.



Anti-aging foodstuffs

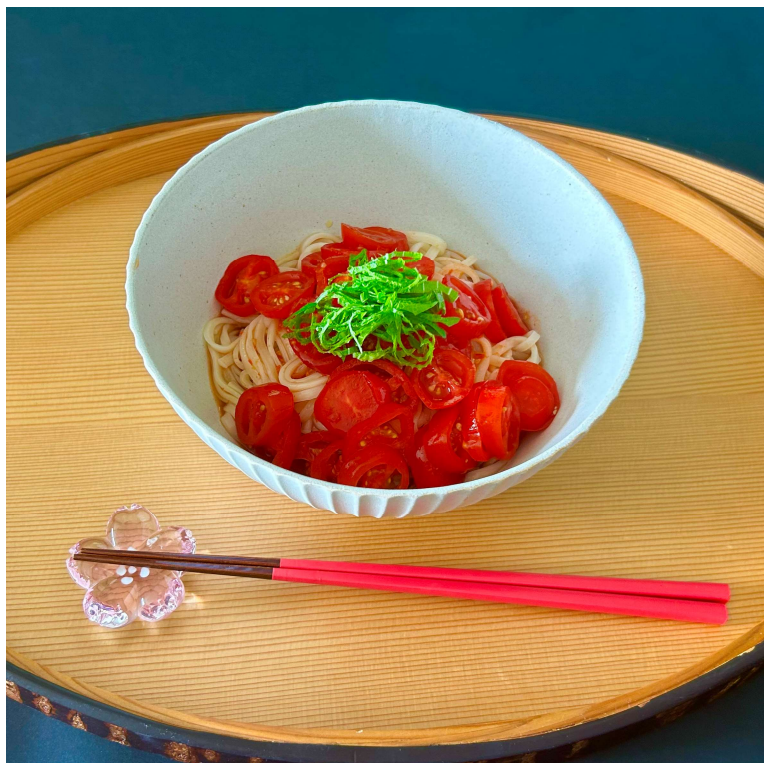
Cherry tomato



<How to Cook >

1. Cut cherry tomatoes into thin round slices, combine with the ingredients listed for the tomato sauce and refrigerate for 2-3 hours.
2. Combine the seasonings for noodle soup and bring to a boil in a pot, then chill in the refrigerator.
3. Boil the udon noodles and drain the water and rinse with cold water.
4. Place the udon noodles in a bowl, pour step 3, and top with the tomato sauce from step 1.
5. Top with shredded shiso leaves.

Serve with shichimi togarashi (seven spice) if desired.



Tray kasanegasane

<Ingredients> For 2 servings

Udon noodles for 2 servings  
4 shiso leaves (Japanese hearb)

<Tomato Sauce>

20 cherry tomatoes  
2 tbsp Chinese chili beans sauce  
1 tsp soy sauce  
1 tbsp soy sauce  
1 tsp sugar  
1 tbsp mirin (sweet cooking rice wine)

<Noodle Soup >

1 cup soup stock  
1 tbsp soy sauce  
2 tbsp mirin (sweet cooking sake)