



FAST. EASY. FRESH.

MISO UDON NOODLE SOUP WITH BOK CHOY, TOFU, AND SRIRACHA

1. Start by prepping your ingredients. Trim the ends and quarter the **shiitake mushrooms**. Trim the ends off the **bok choy** and then chop into large chunks. Peel and thinly slice the **garlic**. Cube the **tofu** into ½-inch cubes.

2. Next, add the **oil** to a large pot over medium-high heat. When hot add the **mushrooms** and cook for about 5 minutes until they have softened and begin to brown. Remove from the pot and set aside in a medium bowl.

3. Return the pot to the heat and add the **bok choy** and **garlic**. If needed, you can add a splash of water to stop things from sticking. Cook for another 4-5 minutes or until the bok choy is softened. Remove from the pot and add to the bowl with your mushrooms.

4. Next, add the **water** to the pot and scrape up any browned bits from the bottom. Bring to a boil and then reduce to a simmer. Whisk in the **white miso** then add the **udon noodles**. Cook for 1-2 minutes until the noodles are loosened.

5. Add the **bok choy, garlic, and mushrooms** back into the pot along with the chopped **tofu**. Heat for another 1-2 minutes until everything is heated through.

6. Right before serving, thinly slice your **green onions** on the diagonal. To serve, spoon the udon noodle soup into bowls and garnish with **sesame seeds, sriracha, soy sauce**, and chopped **green onion** as desired. Enjoy!

Ingredients (2 Servings – 605 Calories Per Serving)

Canola Oil	1 Tbsp.	White Miso Paste	¼ Cup
Shiitake Mushrooms	100 g	Soft Tofu	300 g
Baby Bok Choy	4 Heads	Green Onions	3 Stalks
Garlic	3 Cloves	Sesame Seeds	1 Tbsp.
Water	6 Cups	Sriracha	2 Tbsp.
Udon Noodles	400 g	Soy Sauce	3 Tbsp.



30 Minute
Cook
Time!