

Seared Cod & Udon Noodles

with Cabbage & Shiitake Mushroom Broth

Rich umami flavor and hearty, chewy udon noodles are hallmarks of Japanese comfort food. To dress our udon noodles, we're sautéing cabbage, shiitake mushrooms and aromatics in sesame oil, forming the base of a simple soy broth. On top, we're serving fillets of cod, lightly dredged in rice flour and pan-seared. A sprinkling of spices (our take on a classic blend known as togarashi) completes the dish with pleasant heat and vivid color.



Ingredients

- 2 Cod Fillets
- ½ Pound Fresh Udon Noodles
- 4 Ounces Shiitake Mushrooms
- 2 Scallions
- ½ Pound Green Cabbage

Knick Knacks

- 3 Tablespoons Soy Sauce
 - 3 Tablespoons Rice Flour
 - 1 1-Inch Piece Ginger
 - 1 Tablespoon Sesame Oil
 - 1 Teaspoon Togarashi Spice Blend
- (Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds)*

Makes 2 Servings

About 660 Calories Per Serving

Prep Time: 10 min | Cook Time: 15 to 25 min



1



Prepare the ingredients:

Wash and dry the fresh produce. Cut off and discard the mushroom stems; thinly slice the caps. Peel and mince the ginger. Cut off and discard the root ends of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Cut out and discard the cabbage core; thinly slice the leaves.

2



Cook the mushrooms & aromatics:

In a medium pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **mushrooms** and cook, stirring occasionally, 3 to 5 minutes, or until browned and slightly crispy. Add the **ginger, white bottoms of the scallions** and **sesame oil**; season with salt and pepper. Cook, stirring occasionally, 30 seconds to 1 minute, or until the aromatics are softened and fragrant.

3



Add the cabbage:

Add the **cabbage** to the pot of mushrooms and aromatics; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until wilted.

4



Add the noodles & finish the broth:

Add the **noodles, soy sauce** and **1½ cups of water** to the pot of vegetables; heat to boiling on high. Once boiling, reduce the heat to medium and simmer, stirring gently to separate the noodles, 2 to 4 minutes, or until the noodles are tender. Remove from heat and season with salt and pepper to taste.

5



Cook the cod:

While the broth simmers, place the **rice flour** on a plate. Pat the **cod fillets** dry with paper towels; season with salt and pepper on both sides. Coat 1 side of each seasoned fillet in the rice flour (tapping off any excess). In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the fillets, coated sides down, and cook 3 to 5 minutes on the first side, or until lightly browned. Flip and cook 2 to 3 minutes, or until cooked through. Remove from heat.

6



Plate your dish:

Divide the **finished broth and noodles** between 2 bowls. Top with the **cooked cod fillets**. Garnish with the **green tops of the scallions** and **as much of the spice blend as you'd like**, depending on how spicy you'd like the dish to be. Enjoy!