



Chilled Udon Salad (Hiyashi Chuka Udon)



Vegetarian



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



624 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 large carrots peeled very thin cut into matchsticks (2 in. long)
- ☐ 1 teaspoon cornstarch
- ☐ 3 eggs
- ☐ 0.3 pound haricots verts trimmed cut into 2-in. lengths
- ☐ 1 tablespoon tahini toasted
- ☐ 0.5 cucumber english seeded very thin cut into matchsticks (2 in. long)
- ☐ 1.5 teaspoons miso
- ☐ 4 tablespoons pickled ginger

- ☐ 0.5 small bell pepper red very thin cut into matchsticks
- ☐ 6 tablespoons rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons sesame oil toasted
- ☐ 0.3 cup soya sauce
- ☐ 0.3 cup veggie broth
- ☐ 1 teaspoon sugar
- ☐ 2 teaspoons sugar
- ☐ 0.8 pound udon noodles fresh
- ☐ 4 servings vegetable oil
- ☐ 0.3 cup sesame seed white toasted (shiro neri goma)

Equipment

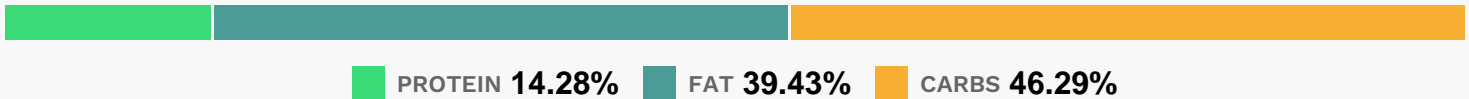
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ sieve
- ☐ chopsticks

Directions

- ☐ Blanch haricots verts in boiling water 2 minutes; drain and rinse with cool water.
- ☐ Mix eggs, sugar, cornstarch, and salt in a bowl with chopsticks or a fork. Strain through a fine-mesh strainer.
- ☐ Heat an 8-in. nonstick skillet over medium heat. When hot, very lightly oil with an oiled paper towel (if you have too much oil, the egg will not form a pancake).
- ☐ Pour 1 tbsp. egg mixture into pan, swirling it around the bottom to form a thin, even omelet with no browning (lower heat if it starts to brown). Cook 1 minute, until surface of omelet is dry; no need to flip. Carefully lift out onto a plate, trying to avoid folds and wrinkles. Repeat with remaining egg mixture, layering each onto the one below, until you've made 10 omelets.

- ☐ Roll omelets and slice into 1/8-in.-thick ribbons of egg.
- ☐ Whisk broth, sesame paste, ground sesame seeds, miso, soy sauce, rice vinegar, sesame oil, and sugar together in a bowl.
- ☐ Boil udon (see "Udon Essentials," below). Rinse well in a large bowl of ice water.
- ☐ Arrange udon on a platter. Top with alternating piles of haricots verts, bell pepper, cucumber, carrot, and egg ribbons, with pickled ginger in center.
- ☐ Serve with a pitcher of dressing on the side, or pour the dressing over the salad.
- ☐ Udon Essentials Udon (wheat-flour noodles): Store-bought fresh-frozen noodles have a supple texture that's closest to homemade, while the dried ones tend to be thin and flabby. To cook store-bought fresh-frozen udon, drop the frozen block into boiling water. When the water boils again, drain. Cook udon right before serving; the noodles get sticky as they sit.
- ☐ Make ahead: Broth, up to 2 hours at room temperature. Vegetables and egg, up to 1 day, chilled.

Nutrition Facts



Properties

Glycemic Index:135.84, Glycemic Load:34.71, Inflammation Score:-10, Nutrition Score:19.550869485606%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 624.31kcal (31.22%), Fat: 28.03g (43.12%), Saturated Fat: 4.41g (27.54%), Carbohydrates: 74.06g (24.69%), Net Carbohydrates: 65.86g (23.95%), Sugar: 14.53g (16.15%), Cholesterol: 122.76mg (40.92%), Sodium: 2455.51mg (106.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.85g (45.69%), Vitamin A: 3746.48IU (74.93%), Vitamin K: 47.89µg (45.61%), Fiber: 8.19g (32.77%), Copper: 0.58mg (29.14%), Manganese: 0.53mg (26.55%), Vitamin C: 18.32mg (22.2%), Selenium: 15.53µg (22.18%), Phosphorus: 217.25mg (21.72%), Iron: 3.22mg (17.89%), Magnesium: 71.18mg (17.8%), Vitamin B2: 0.28mg (16.41%), Vitamin B6: 0.31mg (15.48%), Calcium: 147.37mg (14.74%), Vitamin B1: 0.21mg (14.31%), Folate: 53.49µg (13.37%), Vitamin E: 1.97mg (13.12%), Potassium: 407.23mg (11.64%), Zinc: 1.73mg (11.53%), Vitamin B3: 2.07mg (10.34%), Vitamin B5: 0.86mg (8.61%), Vitamin B12: 0.3µg (4.93%), Vitamin D: 0.66µg (4.4%)