



HOME CHEF

Farmer's Market Japanese Noodles

With Sesame-Garlic Mushrooms and Watermelon Radish



Treat yourself to tender noodles lightly dressed in a savory miso-sesame dressing, surrounded by warm mushrooms sautéed in garlic sesame oil, crisp red peppers, and watermelon radish. Watermelon radish? Oh, no big deal, it's only the coolest radish on the planet (with a pink and magenta color that mimics sliced watermelon) and a perfectly peppery flavor that makes this meal truly special.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



MEDIUM SPICE



DAYS BEST COOKED BY

DIETARY



LOW CALORIE



DAIRY-FREE



NUT-FREE

NUTRITION

Calories: 480
Carbohydrates: 46g
Fat: 28g
Protein: 12g
Sodium: 1102mg
per serving

DRINK PAIRING

Japanese Lager
Chardonnay

INGREDIENTS

1 Red Bell Pepper
4 oz. Cremini Mushrooms
1 Watermelon Radish
4 Garlic Cloves
5 Cilantro Sprigs
3 ½ oz. Cherry Tomatoes
2 Green Onions
6 oz. Lo Mein Noodles
3 Tbsp. Sesame Oil, Toasted
1 ½ oz. Rice Vinegar
2 Tbsp. Miso Paste

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Medium Pot
Wire-Mesh Strainer
Medium Pan
Mixing Bowl

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Prepare the Ingredients

Bring a medium pot of **lightly salted water** to a boil. Thoroughly rinse produce and pat dry. Stem, core, and slice **red bell pepper** into rounds. Thinly slice **mushrooms**. Peel and thinly slice **radish**. Thinly slice **garlic** lengthwise into long chips. Stem **cilantro** and keep leaves whole. Slice the **tomatoes** in half. Thinly slice **green onions** on a bias (45 degree angle).

Cook the Noodles

Add **noodles** and cook for 6–8 minutes or until al dente. Strain and cool noodles with cold running water. Place noodles back in pot, toss with 1 tsp. of olive oil to keep from sticking, and set aside.

Cook Garlic and Mushrooms

Add 2 Tbsp. **sesame oil** and sliced **garlic** to a medium pan over low heat. Cook until garlic turns light brown. Remove sliced garlic from oil with a slotted spoon and set aside for garnish. Increase heat to medium and cook the **mushrooms** in the sesame-garlic oil for 3–4 minutes or until brown and tender. Remove from heat and set aside.

Make the Miso Vinaigrette

In a mixing bowl, whisk together remaining 1 Tbsp. **sesame oil**, **rice wine vinegar**, **miso paste**, and a pinch of **pepper**.

Mix the Noodles

Add the **vinaigrette** to **noodles** and mix, tossing to coat. Season with a pinch of **pepper**.

Plate

Compose a mound of **noodles** in the middle of the plate or shallow bowl. Place the **radish**, **mushrooms**, **red bell pepper**, and **tomatoes** around the plate. Garnish with **green onion**, **cilantro**, and fried **garlic**.