FEATURE RECIPE

JAPANESE NOODLE BOWL WITH GREEN SPLIT PEAS

Noodles and green split peas are a satisfying protein-rich combo. Add a miso broth and some colourful veggies to enjoy a bowl for lunch or dinner!

Prep Time: 20 minutes
Cook Time: 5 minutes

Makes: 6 cups (1.5 L)

Ingredients

1 cup (250 mL) dried green split peas, rinsed & drained
1/2 lb (250 g) cooked Udon noodles
6 rehydrated or fresh shiitake mushrooms, thinly sliced (sliced brown mushrooms can substitute)
1 large carrot, peeled into strips
1 red pepper, sliced thinly
1 cup (250 mL) fresh bean sprouts
1 cup (250 mL) greens, like spinach, kale, coleslaw mix, or Bok Choy
1/2 lb (250 g) firm tofu, cut into 1-inch (2.5 cm) cubes
1 Tbsp (15 mL) corn starch
1 Tbsp (15 mL) canola oil
4 cups (1 L) miso broth – homemade or prepared
1 Tbsp (15 mL) grated fresh ginger
Soy sauce, if desired
Chili garlic sauce, if desired

Garnish

Sesame seed oil, if desired
Toasted sesame seeds
Finely sliced green onion or chives

NUTRIENTS PER SERVING (1 ½ cups/375 mL)
425 Calories, 8 g Fat,
1 g Saturated Fat,
0 mg Cholesterol,
70 g Carbohydrate, 8 g Fibre,
7 g Sugar, 26 g Protein,
330 mg Sodium,
1037 mg Potassium,
7.5 mg Iron

Directions

1. In a saucepan, cover peas with 3 cups (750 mL) water, bring to a gentle boil and simmer until peas are soft but not mushy, about 15 – 20 minutes.

2. Place Udon noodles in a bowl and cover with boiling water until ready to use.

3. Meanwhile, prepare other ingredients as directed and set aside.

4. Dust cubed tofu with corn starch. Add oil to a small fry pan and over medium heat, fry tofu until lightly browned and crisp.

5. Prepare miso broth according to package directions, adding ginger, soy sauce and chili sauce as desired.

6. In 4 individual bowls, place drained Udon noodles, then arrange split peas, tofu and other vegetables over the noodles. Pour boiling miso into bowl, and garnish with sesame seeds, green onion, and a drizzle of sesame oil, if desired.