

Broccoli Curry Udon

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/round-fluffy-japanese-cheesecake-recipe>

Ingredients:

- 8 ounces round dry, udon noodles
- olive oil for sauteeing, I use a spray bottle of oil
- 1 pound broccoli florettes, 6 cups
- red onion medium, thinly sliced
- 2 teaspoons ginger fresh minced
- 3 cloves garlic minced
- 1 red pepper flakes
- 2 teaspoons cornstarch
- 2 cups vegetable broth
- 2 teaspoons curry powder see note
- 1 tablespoon soy sauce
- 1/2 cup light coconut milk
- 4 teaspoons toasted sesame seeds
- chopped fresh cilantro
- green onion or thinly sliced scallion
- chiffonade Basil, or Thai basil if you can find it

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 25 milligrams
4. Fat: 18 grams
5. Fiber: 5 grams
6. Protein: 18 grams
7. SaturatedFat: 9 grams
8. Sodium: 770 milligrams
9. Sugar: 5 grams

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