

Vegetarian Japanese Pan Noodles

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-japanese-pan-noodles-recipe>

Ingredients:

- 1/4 cup soy sauce
- 1/4 cup hoisin sauce
- 1/4 cup water
- 1 teaspoon fresh ginger finely minced
- 2 teaspoons vegetable oil
- 1 cup shiitake mushrooms sliced
- 1 cup broccoli cut into small florets
- 1/4 cup shredded carrots about 1/2 of a large carrot
- 9 ounces udon noodles fresh Japanese
- 1/2 cup bean sprouts Asian, for topping, optional
- 1 green onion finely sliced for topping, optional
- 1 teaspoon black sesame seeds for topping, optional
- 1/3 block extra firm tofu
- 1 tablespoon corn starch
- 1 teaspoon vegetable oil

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 63 grams
3. Fat: 7 grams
4. Fiber: 5 grams
5. Protein: 14 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 2350 milligrams
8. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy Vegetarian Japanese Pan Noodles above. You can see more 17 vegetarian japanese pan noodles recipe Get ready to indulge! to get more great cooking ideas.