**Udon Noodle Salad with Sriracha Roasted Brussels Sprouts**

Asian flavors bring out the best in Brussels sprouts. Especially when you roast them with our sweet and spicy sriracha sauce, which gives them a magical flavor we just can’t resist. Paired with organic tofu, udon noodles and roasted peanuts, it’s just as delicious hot as it is cold.

**Getting Organized**

**EQUIPMENT**
- Saucepan
- Rimmed Baking Sheet
- Large Mixing Bowl

**FROM YOUR PANTRY**
- Olive Oil
- Salt & Pepper

**6 MEEZ CONTAINERS**
- Brussels Sprouts
- Tofu
- Udon Noodles
- Soy Lime Sauce
- Sriracha
- Peanuts

**Make The Meal Your Own**

If you ordered the carb conscious version, you received zucchini “noodles” instead of udon noodles, reducing the carbs per serving to 37g. In step 2., heat 1 Tbsp olive oil in a large skillet over high heat. Dry the Zucchini Noodles with a paper towel. When the oil is very hot, place the zucchini noodles in the pan in a single layer spread evenly across the entire skillet. Lightly salt and pepper. Cook, without stirring, until the zucchini noodles are slightly charred, 2 to 3 minutes. Remove from the pan and put directly into bowl.

*We love to eat this as a cold noodle salad,* but if you want to eat right away, it’s just as delicious served hot.

*Cooking with a picky eater?* Keep the ingredients separate and let everyone create their own bowl.

*Good To Know*

If you’re making the gluten-free version, we’ve sent you rice noodles instead. Cook until tender, about 7 minutes, then drain and rinse under cold water.

**Health snapshot per serving** – 565 Calories, 19g Fat, 39g Protein, 65g Carbs, 15 Smart Points

*Have questions?* The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

**INGREDIENTS:** Brussels Sprouts, Tofu, Udon Noodles, Lime, Tamari Sauce, Brown Sugar, Sriracha, Peanuts
1. Getting Organized
   Preheat your oven to 450 and put a saucepan of water on to boil.

2. Roast the Brussels Sprouts & Bake the Tofu
   Put the Brussels Sprouts on a rimmed baking sheet. Drizzle with olive oil, then arrange in a single layer. Bake for 15 minutes and then add the Tofu to the baking sheet. Cook until the Brussels sprouts are brown in places, about 10 additional minutes.

3. Cook the Udon
   While the Brussels and tofu are cooking, add the Udon Noodles to the boiling water and cook until just soft, about 7 to 10 minutes. Drain.

4. Put It All Together
   Put the Soy Lime Sauce into a large mixing bowl with 1 to 2 Tbsp olive oil. Stir to combine and then add Sriracha to taste. Toss with the sprouts and tofu when they come out of the oven.

   Chill the udon noodle salad until ready to eat. Season with salt and pepper to taste and serve topped with Peanuts. Enjoy!

   Love this recipe? #meezmagic

Instructions for two servings.
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