



## Umi Organic Easy Hiyashi Chūka at Home

### What You'll Need...

- 2 Alpenrose Organic
  - Free-Range Brown Eggs
  - Pinch salt
  - 2 teaspoons neutral oil
  - 1/2 cucumber, peeled
  - 1/2 carrot, peeled or unpeeled - your choice!
  - 1 green onion, thinly sliced
  - 2 ripe tomatoes, cut into wedges
  - 1/4 pound ham, cut into matchsticks
  - 1/4 pound green beans
  - 1 package Umi
  - Organic Noodles with Miso Sesame Sauce
- Optional:
- Chili oil
  - Toasted sesame seeds

### How to Prepare...

Start heating a large pot of water over high heat.

**Cook the Egg:** While the water is heating, beat the eggs in a small bowl with a small pinch of salt. Heat a nonstick pan over medium heat. Add a teaspoon of neutral oil and lift the pan to spread oil to every corner. Pour in half the egg or enough to just coat the bottom of the pan, lift the pan from the heat and swirl so the egg covers the bottom. Return to the heat and cook about 45 seconds until cooked through. Flip pan over a cutting board to release the egg and repeat with second half of oil and egg. Once all the egg is cooked, pile the thin omelettes on top of each other like sheet of paper and then roll them up like a scroll and cut down the length to make what's called "golden threads" in Japan. Set aside.

**Prep the Veggies:** Peel the cucumber. Cut into 2-inch lengths. Cut each length into thin sheets, lay them on top of each other, and cut lengthwise to make matchsticks. Repeat this process with the carrot. Set aside.

Cut the green onions, tomato and ham as described above.

**Snap the ends off of the green beans.** Once the water is at a full boil, drop the green beans in and cook about 2 minutes or until just tender. Using a slotted spoon or tongs, remove from the water to a colander, making sure the keep the water at a rapid boil, and rinse under cold running water until chilled or shock in a bowl of ice water. Set aside, leaving the colander in the sink.

**Cook the Noodles:** Tease apart the noodles and drop into the boiling water. Start a timer for 2 minutes. Stir occasionally to loosen the noodles. When the timer rings, drain the noodles in the colander and rinse under cold running water, using your fingers once the noodle have cooled a little to make sure all the noodles get chilled. Shake out the water thoroughly.

Add noodles to a bowl and toss with Miso Sesame Sauce. Put half in another bowl. Top each bowl with the toppings, working in a circle to create a colorful pinwheel. Enjoy!



## Taylor Farms Teriyaki Stir Fry Kit

### What You'll Need...

- 1 bag of Taylor Farms Teriyaki Stir Fry Kit
- 1 tablespoon of neutral oil, canola or peanut works well

### Optional:

- 1 bunch scallions, trimmed and cut into 1-inch pieces
- 3 cloves garlic, minced

### How to Prepare...

To prepare stir-fry: Heat a 14-inch flat-bottom carbon-steel wok over high heat. (You'll know it's hot enough when a bead of water vaporizes within 1 to 2 seconds of contact.)

Add 1 tablespoon oil and swirl to coat. Add vegetables from stir fry kit and toss to cook until vegetables are tender, about 4 minutes.

Add the sauce from the kit and cook, gently stirring, until well coated and hot, 1 to 2 minutes.