

# Japanese udon noodle soup

Search:

- [Dinner](#)
- [Vegetables](#)
- [Recipes](#)

## Japanese udon noodle soup

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));  
Tweet !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");
```



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

## Japanese udon noodle soup

---



Rate this recipe

1 person is cooking this [Count me in](#)

A quick and easy mid-week meal.

### Ingredients (serves 4)

- 3 cups chicken or vegetable stock
- ¼ cup shitake mushrooms, sliced
- 2 cups udon noodles
- 1 tbs ginger, finely grated
- 1 cup baby bok choy
- 1 cup broccoli
- 1 tbs spring onion, finely sliced

### Method

Warm the stock in a saucepan over a medium heat. Add the mushrooms and cook for five minutes. Add the noodles, ginger and vegetables and cook for a further five minutes before pouring into serving bowls. Garnish with the spring onion and serve.

### Cooking Tip

Japanese soups afford a particular etiquette luxury – it's considered polite to slurp your noodles! Add to that the health benefits of this famous cuisine – its freshness and clean cooking methods are admired the world over – and you've scored yourself a true winter winner!

## Japanese udon noodle soup

---

Browse more [healthy soup ideas](#).

```
function displayNutrition(msg) { $('.nutrition-label-container').text(msg); $('.nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('.result').html(data); alert('This recipe was added to your favorites list'); }); }
```