

# SPICY UDON STIR-FRY

## WITH GROUND & CABBAGE

**SERVES 4**

**IN ITS ORIGINAL FORM**, this recipe uses ground pork. Here you can start with beefy plant-based ground, go straight to plant-based chorizo, or make your own Tempeh and Mushroom Chorizo (page 215). Whichever you opt for, the spicy “meat” mingling with thick udon noodles and plenty of cabbage makes for an easy, hearty dish with plenty of personality.

### PLANT PROTEIN OPTIONS

Plant-based chorizo (if using this, you may want to taste before adding sriracha, because some varieties can be spicy)

Plant-based ground

1 recipe Tempeh and Mushroom Chorizo (page 215)

- 1 (8-ounce) package udon noodles or 8 ounces linguine
- 2 tablespoons safflower or other neutral vegetable oil, divided
- 5 cups coarsely chopped green cabbage
- 2 to 3 cloves garlic, minced
- 10 to 12 ounces plant-based ground (see options at left)
- ¼ cup good-quality natural ketchup
- 2 teaspoons sriracha or other hot sauce, or more to taste
- 2 teaspoons smoked paprika or barbecue seasoning
- ¼ cup bottled teriyaki sauce or homemade Teriyaki Sauce (page 241), or more to taste, divided
- 2 teaspoons grated fresh or squeeze-bottle ginger
- 4 to 5 scallions, thinly sliced, divided
- Crushed peanuts or sesame seeds for topping

- 1 Cook the noodles according to package directions until al dente, then drain.
- 2 Meanwhile, heat 1 tablespoon oil in a stir-fry pan. Add the cabbage and garlic and stir-fry over high heat until the cabbage is crisp-tender and just starting to be touched with brown spots, about 5 minutes. Transfer to a bowl.
- 3 Reduce the heat to medium-high and add the remaining oil to the pan. Add the ground (break up with a spatula if clumpy), ketchup, sriracha, paprika, and about 1 tablespoon of the teriyaki sauce.
- 4 Stir over medium-high heat until well blended. Let cook undisturbed for a minute or two, until the underside is browned, then turn the mixture over with a spatula and let the underside brown again. Break up the mixture again if necessary.
- 5 Add the cooked noodles, ginger, remaining teriyaki sauce, and a bit more than half the scallions to the pan. Use a large fork to distribute the spicy ground through the noodles while stir-frying over medium-high heat for 2 to 3 minutes.
- 6 Serve straight from the pan, topping each serving with crushed peanuts or sesame seeds.