

UDON NOODLES

— WITH —

Green Herb BROTH

A CLASSIC JAPANESE HERBAL RECIPE

A soothing bowl of udon noodles in a fragrant green herb broth made with fresh herbs and simple ingredients for a light, nourishing, and comforting meal.

INGREDIENTS

BROTH:

- 6 cups vegetable or chicken broth
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh cilantro, chopped
- 1 tbsp fresh green onion, chopped
- 1 tbsp fresh basil or shiso, chopped
- 1 tsp grated fresh ginger
- 2 cloves garlic, minced
- 1 tbsp tamari or soy sauce
- 1 tsp sesame oil
- Salt & pepper to taste

NOODLES & TOPPINGS:

- 2 servings udon noodles (fresh or frozen)
- 1 cup baby spinach or bok choy
- 1 green onion, thinly sliced
- 1 tsp toasted sesame seeds (optional)
- Lemon or yuzu zest (optional)

Fresh herbs bring flavor, healing & balance!

BENEFITS

- Fresh herbs provide antioxidants, vitamins & natural healing compounds.
- Ginger and garlic support immunity and digestion.
- Green onions and cilantro help detoxification and circulation.
- Udon noodles are easy to digest and provide sustained energy.
- A light, warming broth that soothes the body and mind.

DIRECTIONS

- 1 In a large pot, bring broth to a gentle boil.
- 2 Add ginger and garlic. Simmer for 5 minutes.
- 3 Stir in parsley, cilantro, basil (or shiso), green onion, tamari, and sesame oil. Season with salt and pepper.
- 4 Reduce heat and let simmer 5–10 minutes to allow herbs to infuse.
- 5 Meanwhile, cook udon noodles according to package instructions. Drain and rinse.
- 6 Divide noodles between bowls. Add spinach or bok choy to the hot broth and cook for 1–2 minutes until wilted.
- 7 Pour hot herb broth over noodles. Top with sliced green onions, sesame seeds, and lemon or yuzu zest if using. Serve warm and enjoy!

CHEFY'S TIPS

- Add tofu, mushrooms, or shredded chicken for extra protein.
- Use shiso leaves for a unique Japanese herbal flavor.
- A squeeze of lemon or yuzu brightens the broth beautifully!

Proverbs 3:7–8 (KJV)

"Be not wise in thine own eyes: fear the Lord, and depart from evil. It shall be health to thy navel, and marrow to thy bones."



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