

Chunky Zucchini Meat Sauce Udon ごろごろズッキーニのミートソースうどん

Serves: 2 | Style: Japanese Yōshoku Comfort Food

Ingredients

Main Ingredients:

- 2 frozen udon portions (冷凍うどん)
- 150 g lean ground beef/pork mix (合い挽き肉)
- 120 g zucchini (ズッキーニ), 1.5 cm cubes
- 100 g shimeji mushrooms (しめじ)
- 60 g onion (玉ねぎ), diced
- 2 garlic cloves (にんにく), minced
- 60 g shelled edamame (枝豆)

Sauce:

- 200 g canned tomatoes (トマト缶)
- 1 T / 15 g tomato ketchup
- 1 T / 15 ml sake
- 1 tsp Worcestershire sauce
- ½ tsp western soup stock granules
- 2 T / 30 g plain Greek yogurt
- Pinch chili flakes
- ¼ tsp salt + pinch MSG blend
- Black pepper
- 1 T / 14 g olive oil

Optional Garnish:

- Parmesan cheese (パルメザンチーズ)
- Chopped parsley

Instructions

1. **Preheat** air fryer to **190°C** for **3–4 minutes**.
2. Toss **zucchini** lightly with **olive oil**, **pepper**, and tiny pinch **salt + MSG blend**.
3. **Air fry** zucchini at **190°C** for **5–6 minutes**. Zucchini should brown lightly but still hold shape.
4. Meanwhile heat skillet over **medium heat**.
5. Add **ground meat** and **onion**. Cook until lightly browned.
6. Add **garlic** and **mushrooms**. Cook until mushrooms soften.
7. Add canned **tomatoes**, **ketchup**, **sake**, **Worcestershire sauce**, **soup stock granules**, **chili flakes**, and **black pepper**.
8. **Simmer 3–5 minutes** until slightly thickened.
9. Stir in **edamame**.
10. Reduce heat to **low**.
11. Stir in **Greek yogurt**.
 - Do not boil after adding yogurt.
12. Add air-fried **zucchini**.
13. Microwave frozen **udon** according to package instructions.



14. Add loosened udon directly to sauce.
 - Toss gently **1 minute** until coated.
 - Do not overcook.
15. Taste and adjust seasoning.
16. Serve topped with optional **Parmesan** and **parsley**.

Notes

- Air fryer zucchini gives much better texture than simmering zucchini directly in sauce.
- Greek yogurt softens tomato acidity and helps sauce cling to udon.
- Edamame adds protein and fiber without increasing animal fat.
- Frozen udon should only be loosened and coated in sauce, not simmered heavily.
- This reheats surprisingly well the next day.

Nutrition

Per serving: Kcal: 590 | Protein: 31 g | Fat: 20 g | Sat Fat: 5 g | Carbs: 62 g | Sugars: 9 g | Fiber: 7 g | Sodium: 860 mg | Omega-3: 0.3 g

Total dish: Kcal: 1180 | Protein: 62 g | Fat: 40 g | Sat Fat: 10 g | Carbs: 124 g | Sugars: 18 g | Fiber: 14 g | Sodium: 1720 mg | Omega-3: 0.6 g