

Tokyo Garlic Butter Udon

Serves: 2

Prep time: 5 min

Cook time: 10 min

Total time: 15 min

Ingredients

2 packs fresh udon noodles
3 Tbsp unsalted butter
3 cloves garlic, finely minced
1 Tbsp soy sauce (preferably Japanese-style, like Kikkoman)
1 tsp sugar (or mirin for a deeper flavor)
1 cup firm tofu, cubed and pan-fried until golden
2 green onions, thinly sliced
1 tsp toasted sesame seeds

Directions

1. Prepare the tofu and noodles.

Pat the tofu dry with a paper towel, then cut into ¾-inch cubes.

Heat a drizzle of oil in a nonstick pan and fry the tofu on all sides until crisp and golden (about 5–6 minutes).

Bring a pot of water to a boil and cook udon noodles for 2 minutes, just until loosened. Drain and set aside.

2. Make the garlic butter base.

In the same pan (wipe out excess oil if needed), melt 3 Tbsp butter over medium heat.

Add the minced garlic and sauté 30–45 seconds, stirring constantly until fragrant but not browned.

3. Build the sauce.

Add soy sauce and sugar (or mirin) to the pan.

Stir for about 15–20 seconds until the mixture turns glossy and slightly thickened — the sugar will help emulsify the butter and soy.

4. Combine everything.

Add the udon noodles and fried tofu to the sauce.

Toss continuously for 2–3 minutes until all noodles are evenly coated and lightly caramelized at the edges.

5. Garnish and serve.

Transfer to bowls and top with green onions and sesame seeds.

For extra depth, drizzle a few drops of sesame oil or add a pinch of chili flakes before serving.