Noodles and pasta

Noodle Night

Slurpable broths, bright salads, and generous skillet suppers

Three featured recipes from this collection

PUBLIC SAMPLE - 2 RECIPES

The complete edition has 12 recipes. This sample contains the first two.

Development edition 1.2.0 - recipes not kitchen tested.

Junction Table by CrownThrive, LLC

AI-generated realistic food artwork; not a photograph or tested result.

Contents

PUBLIC SAMPLE - this file includes two recipes, not the complete twelve-recipe cookbook. The full edition adds the remaining ten recipes, techniques, menus, shopping list, and planning pages.

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Make this kitchen yours

Noodles make a useful framework for supper because they can carry a broth, soak up a bright dressing, form a crisp skillet pancake, or support a sauce with just a little cooking water. The recipes here use several types rather than treating every noodle as interchangeable. Soba may need rinsing, udon products vary by storage format, glass noodles soften according to their starch, and ordinary pasta releases useful starch into its boiling water. Read the package before starting and use its timing when it differs from the general method. Cook broths and toppings so they are ready when the noodles finish, then assemble promptly unless the dish is designed to be cold. The collection includes vegetarian bowls as well as chicken, beef, shrimp, and canned fish-free options through substitutions. Allergen information depends heavily on the noodle and sauce labels, especially for wheat, egg, soy, peanuts, and sesame. These original Junction Table by CrownThrive, LLC recipes are part of a development edition and have not been kitchen-tested. Pay attention to noodle texture, drained moisture, and protein temperature instead of relying on a single timer for the entire meal.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Food safety and ingredient labels

Use a food thermometer: poultry 165°F; ground beef, pork and lamb 160°F; whole beef, pork and lamb cuts 145°F followed by a 3 minute rest; fish 145°F. Reheat leftovers to 165°F. Keep the refrigerator at 40°F or below. Refrigerate perishables in shallow containers within 2 hours, or 1 hour above 90°F. Most cooked leftovers keep 3 to 4 days; follow a shorter recipe limit. Thaw in the refrigerator, cold water or microwave, never on the counter. A freezer keeps food cold; it does not sterilize it. Wash produce under running water and keep raw meat and its tools away from ready to eat food.

Use standard US cups and spoons unless a weight is given. Oven temperatures are Fahrenheit. One tablespoon equals 3 teaspoons; one US cup equals 16 tablespoons. Spoon flour into a cup and level it.

Peanut Soba with Broccoli and Tofu - AI-generated realistic food artwork, not a photograph or tested result.

Peanut Soba with Broccoli and Tofu

4 servings | Prep: 15 minutes | Cook: 20 minutes

Ingredients

- 8 ounces soba noodles
- 14 ounces firm tofu, drained and cubed
- 3 cups small broccoli florets
- 2 tablespoons neutral oil
- 1/3 cup smooth peanut butter
- 3 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 1 teaspoon grated ginger
- 1 teaspoon maple syrup
- 1/4 cup warm water
- 2 scallions, sliced

Method

1. Whisk peanut butter, soy sauce, vinegar, ginger, syrup, and warm water until smooth. Pat tofu dry and heat oil in a large nonstick skillet over medium-high heat.

2. Brown tofu 8–10 minutes, turning a few times. Meanwhile boil soba according to its package, adding broccoli to the same pot for the final 3 minutes.

3. Drain noodles and broccoli and rinse briefly with warm water if the noodle package advises it. Shake off excess water, then add them to the skillet with the tofu.

4. Lower heat and pour in peanut sauce. Toss gently 1–2 minutes, adding water by tablespoons if it becomes sticky. Scatter scallions over the top and divide into four bowls.

Cook's tip

Soba may contain wheat as well as buckwheat, so check the package.

Substitution

Use rice noodles instead of soba and sunflower seed butter instead of peanut butter.

Storage

Refrigerate in shallow containers at or below 40°F within 2 hours; use within 3–4 days. Reheat thoroughly.

Ingredient allergen notes

wheat, soy, peanut

Mushroom Udon Broth Bowls

4 servings | Prep: 15 minutes | Cook: 20 minutes

Ingredients

- 12 ounces shelf-stable udon noodles
- 1 tablespoon neutral oil
- 12 ounces mushrooms, sliced
- 1 tablespoon grated ginger
- 2 garlic cloves, minced
- 5 cups vegetable broth
- 3 tablespoons soy sauce
- 2 teaspoons toasted sesame oil
- 3 cups sliced bok choy
- 2 scallions, sliced
- 1 tablespoon sesame seeds

Method

1. Heat neutral oil in a pot over medium-high heat. Add mushrooms and cook 7–9 minutes, stirring occasionally, until their moisture evaporates and several edges brown.

2. Add ginger and garlic and stir for 30 seconds. Pour in broth and soy sauce, bring to a simmer, and cook 8 minutes to draw flavor from the mushrooms.

3. Add bok choy and simmer 3 minutes until stems are tender. Cook udon separately according to its package and drain, keeping the noodles loose rather than pressed into a tight mound.

4. Divide noodles among bowls and ladle mushroom broth and bok choy over them. Add sesame oil, scallions, and sesame seeds just before serving, keeping the broth hot.

Cook's tip

Shelf-stable, frozen, and dried udon have different cooking times.

Substitution

Use sliced oyster mushrooms or a mixture of cremini and shiitake, and spinach instead of bok choy, adding spinach only for 1 minute.

Storage

Refrigerate in shallow containers at or below 40°F within 2 hours; use within 3–4 days. Reheat thoroughly.

Ingredient allergen notes

wheat, soy, sesame

Edition, use and support

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Safety references

FoodSafety.gov • safe cooking temperatures

https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures

USDA FSIS • leftovers and food safety

https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety

Sources checked October 4, 2026. Original recipes are separate from these safety references.

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Find a noodle night for every mood

Some evenings call for a hot broth bowl; others need cool herbs, crisp vegetables, or a generous skillet supper. Noodle Night offers twelve recipes spanning soba, udon, ramen, rice noodles, glass noodles, and familiar pasta shapes. Learn to follow each noodle's package instructions, adjust a sauce until it clings, and keep components separate when they would otherwise absorb too much liquid. Peanut soba, chicken vermicelli salad, and broken lasagna show three different ways to bring noodles to the table. Junction Table by CrownThrive, LLC gives you practical cooking and assembly cues so the wrapper on a noodle packet becomes the beginning of a varied meal.

- Brown tofu and boil soba with broccoli before tossing in peanut sauce.
- Assemble rice vermicelli with sliced chicken, fresh herbs, and lime dressing.
- Simmer broken lasagna noodles with beans in a covered deep skillet.

PUBLIC SAMPLE: two recipes only; the full edition has twelve.

One-Pan Broken Lasagna with Beans

AI-generated realistic food artwork

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