

Curry Udon With Deep-Fried Egg



Preparation time: 35 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Dinner Recipes, Lunch Recipes, Vegetarian

Ever seen an egg poached quite like this?

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In this Curry Udon by home cook extraordinaire, Camellia Ling Aebischer, we take the classic poach and turn it into something special. Instead of cracking your egg into water, drop it into a pot of hot oil and watch the transformation happen. A crispy outer white gives way to a gooey yolk, nestled atop a bed of a delicious heartwarming curry.



Ingredients

- 500g frozen udon noodles
- 2 litres of vegetable stock
- 2 carrots
- 1 x 92g pack golden curry cubes
- 3 cups of wombok, chopped
- 4 eggs
- Oil, for frying
- Finely sliced spring onions, to serve

Method

1. Place a medium pot of salted water on to boil. Once boiling, drop the frozen udon in - do not defrost first. Cook for a few minutes, stirring gently to break up the noodles. Strain and rinse under cold water to stop them sticking, then set aside.
2. Rinse the pot and place it back over medium-high heat. Add the stock and carrots. Bring to a boil then stir through the golden curry. You can help this process along by breaking up the blocks. Place them in a large spoon held just below the surface of the hot stock and use chopsticks to mix around and melt.
3. Simmer for 5 minutes to soften the carrots, then add the wombok and cook until soft, another two minutes or so.
4. Meanwhile, place a small pot of neutral oil over medium heat. Check the temperature by placing a bamboo skewer or chopstick below the surface, when it begins to bubble immediately when lowered the oil is ready. Crack an egg into a small bowl and gently drop it into the oil. This helps avoid any splattering that may occur if you crack the egg directly in.
5. Cook the egg for about 2 minutes, until the edges are golden and crisp but the centre still feels soft to the touch. Remove using a slotted metal spoon or small strainer. Set aside and repeat with the remaining eggs.
6. To serve, place the soup and noodles into a shallow bowl, then top with a fried egg. Garnish with spring onions.