



UCCOOK

Peanut Slaw & Soba Noodles

with fresh chilli & mushrooms

Soba noodles are tossed with the ultimate peanut slaw containing cabbage, peanut butter, mushrooms, garlic, ginger and julienne carrots. Finished off with a squeeze of lime juice, spring onions, fresh chilli and chopped peanuts. Vegetarian dinners really don't get much better than this!

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Kate Gomba

 Veggie

 Leopard's Leap | Chardonnay Pinot Noir

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Ingredients & Prep

150g	Soba Noodles
45g	Peanuts
125ml	Peanut Butter
90ml	Sesame-soy <i>(30ml Sesame Oil & 60ml Low Sodium Soy Sauce)</i>
2	Limes <i>1½ cut into wedges</i>
375g	Button Mushrooms <i>cut into quarters</i>
3	Spring Onions <i>finely sliced, keeping the white & green parts separate</i>
30g	Fresh Ginger <i>peeled & grated</i>
3	Garlic Cloves <i>peeled & grated</i>
225g	Julienne Carrot
300g	Cabbage <i>finely shredded</i>
2	Fresh Chillies <i>deseeded & finely sliced</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. SOBA NOODLES Boil a full kettle. Fill a pot with boiling water, add a pinch of salt and place over a high heat. Once bubbling rapidly, cook the noodles for 6-8 minutes until tender. Drain on completion and run under cold water to stop the cooking process. Toss through some oil to prevent sticking and set aside.

2. PEANUT SAUCE Place a pan, large enough for the noodles, over a medium heat and add the peanuts. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan, roughly chop and set aside. In a small bowl, combine the peanut butter, the sesame-soy, a squeeze of lime juice (to taste) and 150ml of boiling water.

3. GOLDEN MUSHIES Return the pan to a medium-high heat with a drizzle of oil. When hot, add the quartered mushrooms and fry for 5-6 minutes until soft and golden, shifting as they colour. You may need to do this step in batches. Remove from the pan on completion and season.

4. JUST BEFORE SERVING... Return the pan, wiped down if necessary, to a medium heat with a drizzle of oil. When hot, add the spring onion whites and the grated ginger and garlic. Fry for 2-3 minutes until fragrant, shifting constantly. Add the cooked mushrooms, the cooked noodles, the peanut butter sauce, the julienne carrots, and the shredded cabbage. Mix until fully combined. Cook for 2-3 minutes until slightly wilted, shifting occasionally. Season to taste.

5. IN THE MOOD FOR NOODS! Bowl up the loaded peanut slaw noodles. Sprinkle over the spring onion greens, the toasted peanuts and the sliced chilli (to taste). Finish off with a squeeze of lime juice and serve with any remaining lime wedges. Look at you, Chef!



Chef's Tip

Avoid overcrowding the pan when frying the mushrooms and cook them in batches if necessary. Mushrooms release water, so if there are too many in the pan, they could end up boiled!

Nutritional Information

Per 100g

Energy	646kj
Energy	154kcal
Protein	6.2g
Carbs	15g
of which sugars	2.6g
Fibre	3g
Fat	7.7g
of which saturated	1.3g
Sodium	292mg

Allergens

Gluten, Allium, Sesame, Peanuts, Wheat, Soy

Cook
within 1
Day