



UCOOK

Vegetarian Kimchi Udon Noodles

with a gochujang sauce, spring onion & toasted nori

Indulge in the perfect chew, with sweet indo soy sauce-covered udon noodles, complemented with kimchi, crunchy edamame beans, spicy gochujang, & pak choi fried in sesame oil. Garnished with toasted nori strips, sesame seeds & spring onion for that visually impressive touch.

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Suné van Zyl

Quick & Easy

Muratie Wine Estate | Muratie Laurens
Campher White Blend

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Ingredients & Prep

300g	Udon Noodles
15ml	Gochujang
60ml	Sweet Indo Soy Sauce
2	Nori Sheets
300g	Pak Choi <i>trim, separate leaves, rinse well, roughly shred & roughly chop the stems</i>
150g	Kimchi <i>drain</i>
22,5ml	Sesame Oil
300g	Edamame Beans
15ml	White Sesame Seeds
2	Spring Onions <i>rinse & thinly slice</i>

From Your Kitchen

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

1. OODLES OF NOODLES Bring a pot of water to a boil for the noodles. Cook the noodles until separated and pliable, 1-2 minutes. Drain, reserving the noodle water, and toss through a drizzle of olive oil.

2. NOW FOR THE NORI In a bowl, combine the gochujang (to taste), the sweet indo soy sauce, and a splash of the noodle water. Using scissors, slice the nori sheets into thin strips. Place a pan over medium-high heat. When hot, toast the nori strips until crispy, 3-4 minutes (shifting occasionally).

3. ALMOST DONE Return the pan to medium-high heat with a drizzle of oil. When hot, fry the pak choi whites, the kimchi, and the sesame oil until fragrant, 2-3 minutes (shifting occasionally). Add the cooked noodles, the gochujang sauce, the rinsed pak choi leaves and the edamame beans. Simmer until the pak choi leaves are wilted, 3-4 minutes. Remove from the heat and season.

4. WHAT A DINNER DELIGHT Bowl up the kimchi noodles. Sprinkle over the sesame seeds, the nori strips, and garnish with the sliced green onions.



Chef's Tip

Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	455kj
Energy	109kcal
Protein	4.8g
Carbs	17g
of which sugars	5.3g
Fibre	2.4g
Fat	2.9g
of which saturated	0.3g
Sodium	240.1mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Sugar Alcohol (Xylitol), Soy

Eat
Within
3 Days