



# QCOOK

## Sautéed Mushroom & Tofu Noodles

with pickled veg & chilli oil

**Hands-on Time:** 40 minutes

**Overall Time:** 45 minutes

**Veggie:** Serves 3 & 4

**Chef:** Ethan Shahim

**Wine Pairing:** Zevenwacht | Estate Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	408kj	2319kj
Energy	98kcal	555kcal
Protein	4.1g	23.6g
Carbs	14g	81g
of which sugars	3.8g	21.6g
Fibre	1.5g	8.7g
Fat	3.3g	18.8g
of which saturated	0.5g	3g
Sodium	392mg	2227mg

**Allergens:** Sulphites, Gluten, Sesame, Wheat, Soya, Allium

**Spice Level:** Hot

Eat Within 2 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150g	200g	Rice Vermicelli Noodles
120ml	160ml	Pickling Liquid <i>(90ml [120ml] Rice Wine Vinegar &amp; 30ml [40ml] Maple-flavoured Syrup)</i>
90g	120g	Daikon Rounds <i>cut into thin matchsticks</i>
2	2	Onions <i>peel &amp; finely slice 1½ [2]</i>
300g	400g	Button Mushrooms <i>wipe clean &amp; roughly slice</i>
45ml	60ml	Black Bean Chilli Sauce
2	2	Garlic Cloves <i>peel &amp; grate</i>
90ml	125ml	Low Sodium Soy Sauce
2	2	Vegetable Stock Sachets
330g	440g	Non-GMO Tofu <i>drain, pat dry &amp; cut into bite-sized pieces</i>
30ml	40ml	Banhoek Chilli Oil
8g	10g	Fresh Chives <i>rinse &amp; finely chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel

**1. OODLES OF NOODLES** Boil a full kettle. Place the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 6-8 minutes. Drain and rinse in cold water.

**2. QUICK PICKLE** In a bowl, combine the pickling liquid, a splash of water, and seasoning. Set 1 tbsp aside for the soup. Toss through the daikon and a ¼ of the onion (to taste), then set aside to pickle.

**3. BEAUTIFUL BROTH** Place a pan over medium heat with a drizzle of oil. When hot, fry the mushrooms until deep brown and caramelised, 8-10 minutes (shifting occasionally). Add the remaining onion and fry until soft, 7-8 minutes (shifting occasionally). Add the black bean paste and the garlic. Fry until fragrant, 2-3 minutes. Add the soy sauce, 1½ [all] the stock, tofu, and 600ml [800ml] of water. Gently simmer, until slightly reduced, 8-10 minutes (stirring occasionally). Mix in the noodles, remove from the heat, add some of the pickling liquid (to taste) and season if necessary.

**4. WHAT A MEAL** Bowl up a generous helping of the noodle and mushroom broth. Drizzle over the chilli oil (to taste) and garnish with chives. Serve the pickled veg on the side and dig in Chef!

## Chef's Tip

The browning of the mushrooms is what's going to deliver 80% of your flavour here, so do not skip this step (if you feel like there is a lot of sticking and/or scorching, add a drizzle of oil, mushrooms love oil)