UCOOK

Ginger Noodles & Caramelised Mushrooms

with pepper & fresh coriander

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Veggie: Serves 1 & 2

Chef: Hellen Mwanza

Wine Pairing: Painted Wolf Wines | The Den Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	321kJ	2101kJ
Energy	77kcal	502kcal
Protein	2.9g	19g
Carbs	13g	85g
of which sugars	2.8g	18.2g
Fibre	1.8g	11.5g
Fat	1.3g	8.8g
of which saturated	0.3g	1.9g
Sodium	163mg	1069mg

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

Spice Level: Moderate

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
60g	120g	Egg Noodles
125g	250g	Button Mushrooms *wipe clean & roughly slice*
1	1	Onion *peel & roughly slice ½ [1]*
15ml	30ml	Balsamic Vinegar
20ml	40ml	Sesame Soy *(5ml [10ml] Sesame Oil & 15ml [30ml] Low Sodium Soy Sauce)*
10ml	20ml	Miso Paste
1	1	Bell Pepper *rinse, deseed & cut ½ [1] into strips*
10g	20g	Fresh Ginger *peel & grate*
1	2	Garlic Clove/s *peel & grate*
5ml	10ml	Dried Chilli Flakes
3g	5g	Fresh Coriander *rinse, pick & roughly chop*
5g	10g	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Paper Towel

1. OODLES OF NOODLES Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain, reserving a cup of noodle water and toss through a drizzle of olive oil.

2. CARAMELISATION STATION Place a pan over medium heat with a drizzle of oil. When hot, fry the mushrooms and the onion until caramelised, 10-12 minutes (shifting occasionally). Remove from the pan, season, and cover.

3. MAKE THE SAUCE In a small bowl, combine the balsamic vinegar, sesame soy, miso, 10ml [20ml] of sweetener, and 50ml [100ml] of warm water, and set aside. Return the pan to medium heat with a drizzle of oil. Fry the pepper until slightly charred, 1-2 minutes. Add the ginger, garlic, and chilli flakes (to taste) until fragrant, 1-2 minutes. Add the miso mixture and simmer until warmed through, 2-3 minutes.

4. ALL TOGETHER To the pan with the sauce, add the noodles and the caramelised onions and mushrooms, and mix until warmed through. Add a splash of the reserved noodle water if it's too thick, and season (to taste).

5. TIME TO EAT Make a bed of the loaded noodles. Garnish with the coriander and crispy onion bits. Well done, Chef!