



UCOOK

Asian Chilli Basa

with egg noodles, pak choi & edamame beans

The perfect easy peasy stir fry! Made up of gingery pak choi noodles and subtly-spiced basa fillet. All these amazing ingredients come together with a flash of lime juice, soy sauce, and a sprinkle of crispy onions.

Hands-On Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 Easy Peasy

 Fat Bastard | Chenin Blanc

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Ingredients & Prep

1 cake	Egg Noodles
100g	Pak Choi
100g	Edamame Beans <i>shells removed</i>
1	Basa Fillet
5ml	Dried Chilli Flakes
15g	Fresh Ginger <i>peeled & grated</i>
1	Garlic Clove <i>peeled & grated</i>
70ml	Asian Sauce <i>(30ml Low Sodium Soy Sauce, 20ml Lime Juice & 20ml Brown Sugar)</i>
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
20ml	Crispy Onions

From Your Kitchen

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

1. LET'S GO! Bring a pot of salted water to the boil for the noodles. Cut off the base of the pak choi where the leaves join together and discard them. Rinse the pak choi leaves well. Cut off the stems and thinly slice them. Then, slice the leaves in half lengthways.

2. OODLES OF NOODLES When the water is boiling, cook the noodles for 7-8 minutes until al dente. In the final 1-2 minutes, add the shelled edamame beans to the water. Drain on completion. To prevent the noodles from sticking together, toss through a drizzle of oil.

3. BEAUTIFUL BASA Return the pan to a medium-high heat with another drizzle of oil. Pat the basa dry with some paper towel and season with salt and chilli flakes to taste. When the oil is hot, fry the basa for 2-3 minutes on each side until cooked through and golden. Remove from the pan and cover to keep warm.

4. ALMOST THERE! Return the pan to the heat and add another drizzle of oil if necessary. Add the sliced pak choi stems and fry for 1-2 minutes until softened. Mix in the grated ginger and garlic and fry for 30-60 seconds until fragrant. Then, add the Asian sauce and 15ml of water. Bring to a simmer. Once simmering, add the drained noodles, pak choi leaves, and ½ the chopped coriander. Toss together and heat through for 1-2 minutes. Season to taste.

5. SIMPLY STUNNING Plate up a bowl of saucy noodles. Top with the pan-fried basa. Scatter over the remaining coriander and the crispy onions. Good job, Chef!



Chef's Tip

The Asian Sauce is naturally salty, so be mindful of this when seasoning.

Nutritional Information

Per 100g

Energy	537kJ
Energy	128Kcal
Protein	10.5g
Carbs	17g
of which sugars	4.6g
Fibre	1g
Fat	2.3g
of which saturated	0.6g
Sodium	322mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Fish, Soy

Cook
within 2
Days