

UCCOOK

Veggie Ginger & Turmeric Noodle Soup

with cashew nuts & coconut milk

Hands-on Time: 20 minutes

Overall Time: 40 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Jade Summers

Nutritional Info	Per 100g	Per Portion
Energy	486kJ	2048kJ
Energy	116kcal	490kcal
Protein	3.9g	16.6g
Carbs	16g	66g
of which sugars	2g	9g
Fibre	2g	9g
Fat	4.4g	18.5g
of which saturated	2.8g	11.9g
Sodium	248.1mg	1046.1mg

Allergens: Soya, Gluten, Allium, Wheat, Sulphites, Tree Nuts

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50g	100g	Soba Noodles
5g	10g	Cashew Nuts
65g	125g	Button Mushrooms <i>wipe clean & roughly slice</i>
1	1	Onion <i>peel & roughly chop ½ [1]</i>
1	1	Garlic Clove <i>peel & grate</i>
20g	40g	Fresh Ginger <i>peel & grate</i>
5ml	10ml	Turmeric Blend <i>(2,5ml [5ml] Ground Turmeric & 2,5ml [5ml] Ground Cumin)</i>
1	2	Vegetable Stock Sachet/s
100ml	200ml	Coconut Milk
40g	80g	Green Leaves <i>rinse</i>
30g	60g	Edamame Beans
10ml	20ml	Lemon Juice

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water

1. SO-GOOD SOBA NOODLES Boil the kettle. Bring a pot of salted water to boil for the noodles. Cook the noodles until al dente, 3-4 minutes. Drain and rinse in cold water.

2. NUTS ABOUT NUTS Place the cashews in a pot (big enough for the soup) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pot and set aside.

3. MMMUSHROOMS Place a pan over medium-high heat and lightly add cooking spray. When hot, fry the mushrooms until golden, 5-6 minutes (shifting occasionally). Remove from the pan and season.

4. AMAZING AROMAS Return the pot to medium heat and lightly add cooking spray. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the garlic, the ginger, and the turmeric blend. Fry until fragrant, 1-2 minutes. Add the vegetable stock, 300ml [600ml] of boiling water, and simmer for 8-10 minutes.

5. FINISHING TOUCHES When the soup is done simmering, add the the coconut milk, the spinach, the edamame beans, the soba noodles, and seasoning. Simmer until the spinach is wilted, 1-2 mintes.

6. SOUP'S UP! Bowl up the warm soup, and drizzle over the lemon juice (to taste). Scatter over the nuts, and the mushrooms. Tuck in.