



UCOOK

Loaded Veggie Peanut Noodles

with aubergine, soba noodles, & fresh chilli

Loaded veggie peanut noodles, packed full of browned aubergine, wilted pak choi, al dente soba noodles, crunchy edamame beans and chilli for a welcome kick. All covered in an umami-rich peanut & black vinegar-soy sauce, then topped with chopped peanuts.

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Thea Richter

 Veggie

 Creation Wines | Creation
Viognier/Roussanne

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Ingredients & Prep

150g	Soba Noodles
300g	Pak Choi <i>trimmed at the base</i>
90ml	Noodle Sauce <i>(30ml Black Vinegar & 60ml Low Sodium Soy Sauce)</i>
75ml	Peanut Butter
750g	Aubergine <i>rinsed, trimmed & cut into bite-sized chunks</i>
2	Garlic Cloves <i>peeled & grated</i>
2	Fresh Chillies <i>trimmed, de-seeded & finely sliced</i>
2	Spring Onions <i>finely sliced, keeping the white & green parts separate</i>
150g	Edamame Beans
12g	Fresh Coriander <i>rinsed & roughly chopped</i>
45g	Peanuts <i>roughly chopped</i>
1	Lemon <i>cut into wedges</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. OODLES OF NOODLES Boil the kettle. Fill a pot with boiling water, add a pinch of salt, and place over high heat. Once bubbling, cook the noodles for 4-6 minutes until tender. Drain and run under cold water to stop the cooking process. Toss through some oil to prevent sticking and set aside.

2. O BOY, WE HAVE PAK CHOI! Separate the leaves of the trimmed pak choi and rinse well. Finely slice the stems and set aside. Slice the green, leafy parts in half lengthways. Set aside. In a bowl, combine the noodle sauce, the peanut butter, 45ml of water, and 15ml of a sweetener of choice. Set aside.

3. CALL ME EGGPLANT OR BRINJAL When the noodles are done, place a pan or wok over medium-high heat with a drizzle of oil. When hot, add the aubergine chunks and fry for 4-5 minutes until browned, shifting occasionally. You may need to do this step in batches.

4. SMELL THOSE FRAGRANT FLAVOURS When the aubergine is browned, add all the aubergine back to the pan and add the grated garlic, the sliced pak choi stems, ½ the sliced chilli (to taste), the halved pak choi leaves, and the spring onion whites to the pan or wok. Fry for 1-2 minutes until fragrant, shifting constantly. Remove from the heat and add the peanut noodle sauce, the cooked noodles, and the edamame beans. Toss until combined and season.

5. OODLES OF YUM NOODLES Bowl up the loaded aubergine noodles. Sprinkle over the remaining chilli (to taste), the chopped coriander, the spring onion greens, and the chopped peanuts. Squeeze over some lemon juice and serve with the remaining wedges. Dive in, Chef!

Nutritional Information

Per 100g

Energy	436kj
Energy	104kcal
Protein	5g
Carbs	13g
of which sugars	2.7g
Fibre	2.9g
Fat	3.9g
of which saturated	0.6g
Sodium	237mg

Allergens

Gluten, Allium, Peanuts, Wheat, Sulphites, Soy

Cook
within
4 Days