



U**COOK**

Ginger Noodles & Caramelised Mushrooms

with chilli flakes & fresh coriander

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Veggie: Serves 3 & 4

Chef: Hellen Mwanza

Nutritional Info

	Per 100g	Per Portion
Energy	488kj	1929kj
Energy	117kcal	461kcal
Protein	3.7g	14.8g
Carbs	18g	72g
of which sugars	2.6g	10.4g
Fibre	2g	7.9g
Fat	3.5g	13.8g
of which saturated	0.8g	3.2g
Sodium	167mg	660mg

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

Spice Level: Moderate

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150g	200g	Flat Rice Noodles
375g	500g	Mixed Exotic Mushrooms <i>wipe clean & slice into bite-sized pieces</i>
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
45ml	60ml	Balsamic Vinegar
60ml	80ml	Sesame Soy <i>(15ml [20ml] Tomato Sauce & 45ml [60ml] Low Sodium Soy Sauce)</i>
30ml	40ml	Tahini
30g	40g	Fresh Ginger <i>peel & grate</i>
3	4	Garlic Cloves <i>peel & grate</i>
15ml	20ml	Dried Chilli Flakes
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. OODLES OF NOODLES Boil the kettle. Place the noodles in a bowl and submerge in boiling water. Season, and set aside to rehydrate, 10-12 minutes. Drain, reserving a cup of noodle water, and rinse in cold water to stop the cooking process.

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

3. MAKE THE SAUCE In a small bowl, combine the balsamic vinegar, the sesame soy, the tahini, 30ml [40ml] of sweetener, and 150ml [200ml] of warm water, and set aside. Return the pan to medium heat with a drizzle of oil. When hot, fry the ginger, the garlic, and the chilli flakes (to taste) until fragrant, 1-2 minutes. Add the tahini mixture and simmer until warmed through, 3-4 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.

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