



UCCOOK

Creation's Vegetarian Spicy Ramen

**with edamame beans, pak choi & DIY
gochujang oil**

Udon know how much you're going to love this recipe, Chef! Al dente udon noodles soak up an umami-rich broth, made from a special combination of ginger, shimeji mushrooms, vegetable stock, spicy gochujang, soy sauce, & tangy tomato paste. Crunchy edamame beans, fresh carrot, pak choi & black sesame seeds complete this popular Japanese dish.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Creation Winery

Adventurous Foodie



Creation Wines | Creation Sauvignon
Blanc/Semillon

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Ingredients & Prep

| | |
|------|---|
| 5ml | Black Sesame Seeds |
| 15ml | Gochujang |
| 1 | Vegetable Stock Sachet |
| 125g | Shimeji Mushrooms <i>trim at the base</i> |
| 100g | Pak Choi <i>trim at the base, separate leaves & rinse thoroughly</i> |
| 20g | Fresh Ginger <i>peel & thickly slice</i> |
| 1 | Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i> |
| 10ml | Tomato Paste |
| 20ml | Low Sodium Soy Sauce |
| 50g | Edamame Beans |
| 100g | Udon Noodles |
| 120g | Carrot <i>rinse, trim, peel & cut into thin matchsticks</i> |

From Your Kitchen

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

1. SPICY OIL & SEEDS Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to medium-high heat with 30ml of oil. Once hot, remove from the heat and pour into a bowl with ½ the gochujang. Gently mix until the oil starts to turn a bright red colour. Strain just before serving.

2. MUSHIES Boil the kettle. Dilute the stock with 400ml of boiling water. Place a pot over medium-high heat with a drizzle of oil. When hot, fry the trimmed mushrooms until golden, 4-5 minutes (shifting occasionally). Remove from the pot, place into a bowl, and season.

3. THAT'S SO RAMEN Finely slice the pak choi stems and set aside. Slice the leafy parts in half lengthways, keeping them separate from the stems. Return the pot to medium-high heat with a drizzle of oil. Once hot, fry the pak choi stems until al dente, 2-3 minutes. Add the ginger slices, the spring onion whites, and ½ the fried mushrooms. Fry until fragrant, 1-2 minutes (shifting constantly). Add the tomato paste and the remaining gochujang (to taste), and fry until fragrant, 1-2 minutes (shifting constantly). Add the diluted stock, reduce the heat, and simmer, 5-7 minutes.

4. OPTIONAL BOILED EGG Bring a pot of water to the boil for the egg (optional). When the water is boiling, cook the egg for 6-8 minutes for medium, 6 minutes for medium-soft, and 8-10 minutes for medium-hard. Drain and submerge in cold water. Peel, slice in half before serving, and season.

5. BROTH If the broth is too thick, add water in small increments until the desired consistency. Remove the ginger slices. Stir in the soy sauce, the pak choi leaves, the edamame beans, and a sweetener (to taste). Add the udon noodles and cook until al dente, 2-3 minutes. Remove from the heat.

6. WOW! Bowl up a helping of the ramen and drizzle over the gochujang oil. Top with the remaining mushrooms, the boiled egg (if using), and the julienne carrot. Sprinkle over the sesame seeds and the spring onion greens. Simply stunning, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|--------|
| Energy | 288kj |
| Energy | 69kcal |
| Protein | 3.4g |
| Carbs | 12g |
| of which sugars | 2.8g |
| Fibre | 2.4g |
| Fat | 1g |
| of which saturated | 0.1g |
| Sodium | 269mg |

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Sugar Alcohol (Xylitol), Soy

Eat
Within
2 Days