



UCOOK

Miso-glazed Butternut Noodles

with edamame beans, crispy kale & a tangy umami sauce

A celebration of flavours: salty, sweet, sour, and umami. Roast butternut is glazed in a mix of miso and coconut sugar, adorning soba noodles and edamame beans doused in sesame oil, lemon, ginger, chilli, and soy sauce.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Thea Richter

Veggie

Waterford Estate | Waterford Old Vine Chenin Blanc

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Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
80g	Kale <i>rinse & roughly shred</i>
5ml	White Sesame Seeds
15ml	Coconut Sugar
5ml	Miso Paste
20ml	Sesame-soy Sauce <i>(15ml Low Sodium Soy Sauce & 5ml Sesame Oil)</i>
10g	Fresh Ginger <i>peel & grate</i>
1	Lemon <i>rinse, zest & cut ½ into wedges</i>
5ml	Dried Chilli Flakes
50g	Soba Noodles
50g	Edamame Beans

From Your Kitchen

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

1. GET YOUR ROAST GOING Preheat the oven to 200°C. Spread out the butternut pieces on a roasting tray, coat in oil, and season. Roast in the hot oven, 30-35 minutes. Place the shredded kale in a bowl with a drizzle of oil and some seasoning. Using your hands, gently massage until softened and coated.

2. SEEDS, GLAZE & SAUCE Place the sesame seeds in a pan (you won't use it again) over medium heat. Toast until lightly browned, 2-4 minutes (shifting occasionally). Remove from the pan and set aside to cool. In a bowl, combine the coconut sugar, the miso paste, and 1 tsp of oil. Mix well and set aside. In a separate bowl, combine the sesame-soy sauce, the grated ginger, a generous squeeze of lemon juice, and some zest (to taste). Add 1 tsp of a sweetener (to taste) and the chilli flakes (to taste). Mix until the sweetener is dissolved and set aside.

3. OH YAY, HALFWAY! When the butternut reaches the halfway mark, remove from the oven and give it a shift. Coat in the miso glaze and return to the oven for the remaining cooking time until sticky, browned, and cooked through.

4. START CRISPIN' UP When the butternut has 8 minutes remaining, scatter the kale over the tray. Return to the oven and cook for the remaining time until crispy.

5. SLURPY, SAUCY NOODLES Bring a pot of salted water to the boil for the noodles. Cook the noodles until al dente, 2-3 minutes. In the final minute, pop in the edamame beans to heat through. Drain and rinse in cold water. Return to the pot and toss through the spicy sesame-soy sauce until well coated. Return to a low heat and toss for about a minute until reheated. Remove from the heat.

6. BOWL UP & EAT UP Make a scrumptious bed of noodles and edamame, and top with the crispy kale. Scatter over the glazed butternut and sprinkle with the toasted sesame seeds. Finish off with the remaining chilli flakes if you'd like the extra spice, and serve with the remaining lemon wedge. Stunning stuff, Chef!

Nutritional Information

Per 100g

Energy	358kJ
Energy	86kcal
Protein	3.4g
Carbs	16g
of which sugars	3.7g
Fibre	3g
Fat	1.5g
of which saturated	0.2g
Sodium	166mg

Allergens

Gluten, Sesame, Wheat, Soy

Eat
Within
4 Days