



# UCCOOK

## Coconut & Peanut Ramen

with pak choi & chilli flakes

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Veggie:** Serves 1 & 2

**Chef:** Jenna Peoples

**Wine Pairing:** Paul Cluver | Village Chardonnay

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 561kJ    | 4188kJ      |
| Energy             | 134kcal  | 1002kcal    |
| Protein            | 4.9g     | 36.4g       |
| Carbs              | 12g      | 86g         |
| of which sugars    | 1.9g     | 14.2g       |
| Fibre              | 1.1g     | 8g          |
| Fat                | 7.4g     | 55.5g       |
| of which saturated | 4.7g     | 34.8g       |
| Sodium             | 390mg    | 2911mg      |

**Allergens:** Egg, Gluten, Allium, Peanuts, Wheat, Sulphites, Fish, Soy, Shellfish

**Spice Level:** HOT

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |   |
|----------|------------|---|
| 1 cake   | 2 cakes    | Egg Noodles   |
| 110g     | 220g       | Non-GMO Tofu<br><i>drain &amp; cut into bite-sized cubes</i>                                |
| 20g      | 40g        | Peanuts<br><i>finely chop</i>   |
| 1        | 1          | Onion<br><i>peel &amp; roughly slice</i>  |
| 150g     | 300g       | Pak Choi<br><i>trim at the base, &amp; rinse</i>  |
| 1        | 1          | Garlic Clove<br><i>peel &amp; grate</i>   |
| 10g      | 20g        | Fresh Ginger<br><i>peel &amp; grate</i>   |
| 1        | 1          | Fresh Chilli<br><i>thinly slice</i>   |
| 5ml      | 10ml       | Dashi Granules  |
| 200ml    | 400ml      | Coconut Cream   |
| 30ml     | 60ml       | Ramen Base<br><i>(20ml [40ml] Low Sodium Soy Sauce &amp; 10ml [20ml] Rice Wine Vinegar)</i> |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water

**1. OODLES OF NOODLES** Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water.

**2. TASTY TOFU** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the tofu until golden and crispy, 2-3 minutes per side. Remove from the pan and set aside. Return the pan to medium heat. Toast the peanuts until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. PAK CHOI** Roughly slice the stems of the pak choi and cut the leaves in half lengthways.

**4. DELISH DASHI DISH** Return the pan to a medium heat with a drizzle of oil. When hot, fry the onions and the pak choi stems until charred and softening, 5-6 minutes (shifting occasionally). Add the garlic, the ginger and some of the sliced chilli (to taste). Fry until fragrant, 30-60 seconds (shifting constantly). Add the dashi granules, the coconut cream, the ramen base and 100ml [200ml] of water. Simmer until slightly reduced, 3-4 minutes (stirring occasionally). Add the egg noodles, pak choi leaves, and the crispy tofu. Mix until the pak choi leaves are wilted, 1-2 minutes. Season.

**5. BOWL 'EM OVER** Bowl up the saucy noodles and veg. Top with the toasted peanuts and some of the remaining chilli (to taste) and there you have it, Chef!