



UCOOK

Vegetarian Tahini Noodles

with cucumber & toasted sesame seeds

Load-shedding in an hour? No problem, Chef! Put away the takeaway menu and start cooking this recipe now, which is ready in under 60 minutes. Your dinner-saving dish starts with a bed of hearty rice noodles, topped with syrup-coated sweet potatoes, fresh cucumber matchsticks, and plump edamame. Covered in a delicious Asian sauce.

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Cara Marshall

Fan Faves

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Ingredients & Prep

750g	Sweet Potato <i>rinse, peel (optional) & cut into 1cm thick rounds</i>
45ml	Maple-flavoured Syrup
60ml	Tahini
2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
90ml	Sesame Soy <i>(30ml Sesame Oil & 60ml Low Sodium Soy Sauce)</i>
2	Garlic Cloves <i>peel & grate</i>
30g	Fresh Ginger <i>peel & grate</i>
225g	Flat Rice Noodles
120g	Edamame Beans
15ml	White Sesame Seeds
150g	Cucumber <i>rinse & cut into thin matchsticks</i>
2	Spring Onions <i>rinse, trim & finely slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender

1. SWEET SWEET POTATOES Preheat the oven to 200°C. Spread the sweet potato rounds on a roasting tray. Coat in oil, the syrup, and seasoning. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. SOY GOOD SAUCE To a blender, add the tahini, ½ the sliced chilli (to taste), the sesame soy, the grated garlic & ginger, a drizzle of olive oil, and seasoning. Blend until smooth and loosen with water in 5ml increments until drizzling consistency.

3. 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 and gently toss through a drizzle of olive oil and ½ the dressing.

4. PLUMP IT UP Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

5. GOLDEN SESAME Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

6. DINNER BY CANDLELIGHT Bowl up the rice noodles. Top with the glazed sweet potato, the fresh cucumber matchsticks, and the edamame beans. Drizzle over the remaining dressing. Garnish with the sliced spring onion and the toasted sesame seeds. Scatter over any remaining chilli (to taste).



Chef's Tip

If you're feeling fancy, slice the green parts of the spring onion into long, thin strips and place them in a bowl of ice water to make them curly for your garnish!

Nutritional Information

Per 100g

Energy	682kj
Energy	163kcal
Protein	4g
Carbs	25g
of which sugars	6.1g
Fibre	2.3g
Fat	5.4g
of which saturated	1.1g
Sodium	207mg

Allergens

Gluten, Allium, Sesame, Wheat, Soy

Eat
Within
4 Days