



UCCOOK

Tom Yum Soup & Rice Noodles

with lemongrass & pak choi

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Veggie: Serves 3 & 4

Chef: Caitlin Swanepoel

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	462kJ	3136kJ
Energy	110kcal	750kcal
Protein	1.9g	12.9g
Carbs	13g	85g
of which sugars	1.9g	13g
Fibre	1.7g	11.6g
Fat	6g	40.8g
of which saturated	3.7g	25.2g
Sodium	79mg	536mg

Allergens: Allium, Peanuts, Sulphites, Alcohol

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150g	200g	Flat Rice Noodles
2 sticks	2 sticks	Lemongrass <i>rinse</i>
450g	600g	Pak Choi <i>trim at the base, separate leaves & rinse thoroughly</i>
30g	40g	Peanuts <i>roughly chop</i>
2	2	Onions <i>peel & finely dice 1½ [2]</i>
2	2	Garlic Cloves <i>peel & grate</i>
45ml	60ml	White Wine
90ml	125ml	Tom Yum Paste
600ml	800ml	Coconut Milk
2	2	Limes <i>rinse, zest & cut 1½ [2] into wedges</i>
2	2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
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 and toss through a drizzle of olive oil.

2. LEMONGRASS & PAK CHOI Slice the root end off the lemongrass and peel off the outer tougher leaves. Cut the softer inner stalk in half lengthways and finely dice. Finely slice the pak choi stems and set aside. Roughly shred the leafy parts, keeping them separate from the stems.

3. PEANUTS Place the peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. ALL TOGETHER NOW Return the pan to medium heat with a drizzle of oil. When hot, fry the onion and pak choi stems until golden, 6-7 minutes (shifting occasionally). Mix through the garlic and lemongrass and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the wine and cook until almost all evaporated, 2-3 minutes. Stir through the tom yum paste and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the coconut milk, 300ml [400ml] of water, and the pak choi leaves. Simmer until the leaves are wilted, 4-5 minutes.

5. SUPER SOUP Remove the soup from the heat and mix through the cooked noodles, the juice from 3 [4] lime wedges, the lime zest (to taste) and the chilli (to taste). Add a sweetener (to taste) and seasoning.

6. GRAB YOUR SPOON Bowl up the tom yum soup and garnish with the coriander and peanuts. Serve any remaining lime wedges on the side.