



QCOOK

Japanese-style Trout Noodles

with a hot dashi broth

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Creation Wines | Creation Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	673kJ	2589kJ
Energy	161kcal	619kcal
Protein	8.9g	34.3g
Carbs	21g	82g
of which sugars	1.1g	4.1g
Fibre	1.4g	5.4g
Fat	5.5g	21.1g
of which saturated	2.6g	9.9g
Sodium	1483mg	5706mg

Allergens: Sulphites, Shellfish, Fish, Gluten, Sesame, Wheat, Cow's Milk, Soya, Allium

Spice Level: Hot

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
15ml	30ml	Hot Dashi <i>(5ml [10ml] Chilli Flakes & 10ml [20ml] Dashi Granules)</i>
100g	200g	Pak Choi <i>trim at the base, separate leaves & rinse thoroughly</i>
1	1	Spring Onion <i>rinse, trim & slice, keeping the green & white parts separate</i>
1	1	Garlic Clove <i>peel & grate</i>
10g	20g	Fresh Ginger <i>peel & grate</i>
20ml	40ml	Low Sodium Soy Sauce
75g	150g	Flat Rice Noodles
40g	80g	Edamame Beans
1 pack	2 packs	Smoked Trout Ribbons <i>roughly chop</i>
30ml	60ml	Fresh Cream
2,5ml	5ml	Black Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter

1. DELICIOUS DASHI BROTH Boil the kettle. Dilute the hot dashi with 250ml [500ml] of boiling water. Place a small pot over medium heat with a drizzle of oil. When hot, fry the pak choi stems, spring onion whites, garlic and ginger until fragrant, 1-2 minutes (shifting occasionally). Add the diluted dashi and bring to a simmer. Add the noodles and cook for 5-7 minutes. Mix through the soy sauce and add the edamame beans and pak choi leaves. Place a lid on the pot, allowing the pak choi to cook, 2-3 minutes. Season and remove from the heat.

2. JAPAN ON A PLATE When the pak choi is cooked, add a knob of butter and the cream to the noodles. Bowl up the noodles, topped with the smoked trout ribbons, sesame seeds and the spring onion greens. Simple as that, Chef!