



UCOOK

Vegetarian Cauli & Coconut Noodles

with brussels sprouts & spring onion

Al dente rice noodles soak up coconut milk & an umami-rich hoisin soy sauce, after which it's loaded with beautifully roasted cauliflower layered with salty & tangy flavour notes. Golden brussel sprouts and toasted sesame seeds bring everything together for a truly tasty vegetarian feast.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha du Toit

Adventurous Foodie

 KWV - The Mentors | KWV The Mentors
Cabernet Franc 2020

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Ingredients & Prep

100g	Brussels Sprouts <i>rinse & halve</i>
20ml	Hoisin Sauce
40ml	Low Sodium Soy Sauce
10g	Fresh Ginger <i>peel & grate</i>
1	Garlic Clove <i>peel & grate</i>
100g	Cauliflower Florets <i>rinse & cut into bite-sized pieces</i>
50g	Flat Rice Noodles
10ml	Black Sesame Seeds
20ml	Sesame Oil
1	Onion <i>peel & thinly slice</i>
50ml	Coconut Milk
1	Spring Onion <i>rinse & thinly slice</i>

From Your Kitchen

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

1. ABOUT THE SPROUTS... Preheat the oven to 200°C. Spread the halved brussels sprouts on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. SOY GOOD! In a bowl, combine a drizzle of oil, the hoisin sauce, ½ the soy sauce, the grated ginger, ½ the grated garlic, and seasoning. Spread the cauliflower pieces on a separate roasting tray. Coat in the hoisin soy sauce mix and roast in the hot oven until crispy, 15-20 minutes (shifting halfway).

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 toss through a drizzle of olive oil.

4. INTO THE PAN Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

5. ALMOST DONE Return the pan to medium heat with the sesame oil. When hot, fry the sliced onion and the remaining garlic until golden, 4-5 minutes (shifting occasionally). Add the cooked noodles, the coconut milk, and the remaining soy sauce. Simmer until warmed through, 1-2 minutes.

6. OM NOM NOM Bowl up the coconut noodles. Top with the hoisin cauliflower and the roasted brussels sprouts. Scatter over the sliced spring onion and the toasted sesame seeds.

Nutritional Information

Per 100g

Energy	569kJ
Energy	136kcal
Protein	3.3g
Carbs	17g
of which sugars	4g
Fibre	2g
Fat	6.8g
of which saturated	2.3g
Sodium	462mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Sugar Alcohol (Xylitol), Soy

Eat
Within
3 Days