



U C O O K
— COOKING MADE EASY


CHARRED NOODLE BOWL

with edamame beans & sweet and sour sauce

Edamame, cabbage, and charred baby marrow swirled with crystal rice noodles in a zingy sweet and sour sauce. Embellished with toasted cashews, fresh mint, and charred lime juice – Asian utopia!

Prep + Active Time: 40 minutes

Total Cooking Time: 40 minutes

 **Serves:** 4 people

 **Chef:** Alex Levett

 **Vegetarian**

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Ingredients

400 g	Baby Marrow <i>rinsed & cut in half lengthways</i>
2	Limes <i>halved</i>
300 g	Flat Rice Noodles
60 g	Cashew Nut Pieces
300 g	Shredded Green Cabbage
200 g	Edamame Beans
60 g	Ginger <i>peeled & grated</i>
3	Chillies <i>deseeded & roughly chopped</i>
3	Garlic Cloves <i>peeled & grated</i>
130 ml	Sweet & Sour Sauce
15 g	Fresh Mint <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Salt & Pepper
Sugar/Sweetener/Honey
Water
Oil (cooking, olive & coconut)



CHEF'S TIP

The garlic, ginger, and chilli in this dish are anti-inflammatory and antibacterials! Whoop!

0. GRILL THE BABY MARROW & LIME

Boil the kettle for the noodles. Place a pan or skillet over a high heat. Lightly coat the baby marrow halves in oil. When the pan is hot, grill the baby marrow (cut-side down first) for 5-6 minutes until charred, flipping halfway. You may need to do this in batches. Remove from the pan on completion and set aside in a bowl. When the baby marrow is cool enough to handle, cut into bite-size chunks. Immediately return the pan to the heat. Place the lime halves in the hot pan, cut-side down, and grill for 1 minute until charred. Remove from the pan and set aside for serving.

1. GLASSY RICE NOODLES

Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Cover with a plate and set aside to soak for 6-8 minutes until cooked through and glassy. Taste to test and drain on completion. Toss through some oil to prevent sticking.

2. TOAST THE CASHEWS

Place the cashews in a large, clean pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle. Keep the pan on the stove over a medium heat.

3. CABBAGE & EDAMAME

Pour a drizzle of oil into the pan. When hot, fry the cabbage and edamame beans for 2-3 minutes until heated through. Remove from the pan and set aside in the bowl with the baby marrow. Return the pan to the stove for the next step.

4. COOK THE TANGY SAUCE

Reduce the heat to low and add another drizzle of oil. When hot, fry the grated ginger and garlic and the chopped chilli for 1-2 minutes until fragrant. Add the Sweet & Sour sauce, squeeze in some charred lime juice to taste, and cook for another minute. Add the cooked baby marrow, cabbage, and edamame beans to the pan and heat through for another 1-2 minutes.

5. DISH UP

Make a bed of noodles in a deep bowl, cover with the stir-fried veggies, and spoon over some sauce. Top with the toasted cashews, chopped fresh mint, and a squeeze of some charred lime. Tuck in!

Nutritional Information

Per Serving

Energy (kj)	2351
Energy (kcal)	562
Protein	20
Carbs	97
of which sugars	20
Fibre	9
Fat	13
of which saturated	3
Salt	4

Cook within: 4 days

Allergens: Dairy Soya Tree-Nuts



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Vegan



Dairy-Free