

UCCOOK

Peanut-chilli Yellowtail & Noodles

with oyster sauce & julienne carrots

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Delheim Wines | Delheim Chenin Blanc
(Wild Ferment)

Nutritional Info	Per 100g	Per Portion
Energy	862kJ	4097kJ
Energy	206kcal	980kcal
Protein	11.4g	54.3g
Carbs	16g	74g
of which sugars	2.9g	13.6g
Fibre	1.4g	6.7g
Fat	9.9g	46.9g
of which saturated	0.9g	4.5g
Sodium	589mg	2800mg

Allergens: Sulphites, Shellfish, Egg, Fish, Peanuts,
Gluten, Wheat, Cow's Milk, Soya

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
180g	240g	Egg Noodles
225g	300g	Julienne Carrots
30g	40g	Peanuts <i>roughly chop</i>
150g	200g	Edamame Beans
2	2	Fresh Chillies <i>rinse, trim, deseed & roughly slice</i>
150ml	200ml	Oyster Sauce <i>30ml [40ml] Vinegar & 120ml [160ml] Oyster Sauce</i>
3	4	Line-caught Yellowtail Fillets
15ml	20ml	NOMU Oriental Express
125ml	160ml	Kewpie Mayo
60g	80g	Pickled Ginger <i>drain & roughly chop</i>
8g	10g	Fresh Coriander <i>rinse & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. OODLES OF NOODLES Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and toss through a drizzle of olive oil.

2. CRUNCH & FLAVOUR Place a pan over medium-high heat with a drizzle of oil. When hot, fry the carrots until lightly golden, 3-4 minutes (shifting occasionally). Add the noodles, nuts, edamame beans, chilli (to taste), oyster sauce, and a splash of water. Simmer until combined and warmed through, 2-3 minutes (shifting occasionally). Remove from the pan, season (to taste), and cover to keep warm.

3. FAB FISH Return the pan, wiped down, to medium-high heat with a drizzle of oil. Pat the fish dry with paper towel and season. When hot, fry the fish until golden, 2-3 minutes per side. In the final minute, baste with a knob of butter and the NOMU rub. Remove from the pan.

4. GARNISH & GRAB A PLATE Bowl up the loaded noodles, top with the fish, and finish with dollops of the Kewpie mayo. Scatter over the pickled ginger and garnish with a sprinkle of the coriander. Well done, Chef!