

UCOOK

Vegetarian Mushroom & Edamame Stir-fry

with pak choi & an Asian sauce

Experience an explosion of umami flavours! Tender pak choi meets a symphony of exotic mushrooms, egg noodles, & a vibrant Asian sauce in this delectable stir-fry recipe.


Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Jason Johnson

 Fan Faves

 Delheim Wines | Delheim Staying Alive Riesling

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Ingredients & Prep

4 cakes	Egg Noodles
200g	Edamame Beans
400g	Pak Choi <i>trimmed at the base, leaves separated & rinsed thoroughly</i>
500g	Mixed Exotic Mushrooms <i>wiped clean & roughly chopped</i>
2	Onions <i>peeled & roughly sliced</i>
40ml	NOMU Oriental Rub
160ml	Asian Sauce <i>(60ml Low Sodium Soy Sauce, 20ml Sesame Oil & 80ml Rice Wine Vinegar)</i>
2	Fresh Chillies <i>rinsed, deseeded & finely sliced</i>

From Your Kitchen

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

1. COOK THE NOODLES Bring a pot of salted water to boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water.

2. EDAMAME BEANS Boil the kettle. Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside. Roughly slice the pak choi stems and slice the leaves in half lengthways.

3. START THE STIR-FRY Place a pan over medium-high heat with a drizzle of oil. When hot, fry the chopped mushrooms, the sliced onion, and the pak choi stems until turning golden, 6-8 minutes. Add the NOMU rub and fry until fragrant, 1-2 minutes.

4. ALL TOGETHER Add the Asian sauce, the cooked noodles, and the pak choi leaves to the pan. Mix until wilted, 2-3 minutes. Remove from the heat, add a sweetener, and season.

5. GET BOWLED OVER! Plate up the stir-fry and scatter over the edamame beans and the sliced chilli (to taste). Well done, Chef!

Nutritional Information

Per 100g

Energy	420kj
Energy	100kcal
Protein	4.3g
Carbs	16g
of which sugars	1.7g
Fibre	2g
Fat	2.3g
of which saturated	0.4g
Sodium	246mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within 3
Days