



QCOOK

Sautéed Mushroom & Tofu Noodles

with pickled veg & chilli oil

Hands-on Time: 45 minutes

Overall Time: 50 minutes

Veggie: Serves 3 & 4

Chef: Ethan Shahim

Wine Pairing: Zevenwacht | Estate Chardonnay

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 408kj | 2319kj |
| Energy | 98kcal | 555kcal |
| Protein | 4.1g | 23.6g |
| Carbs | 14g | 81g |
| of which sugars | 3.8g | 21.6g |
| Fibre | 1.5g | 8.7g |
| Fat | 3.3g | 18.8g |
| of which saturated | 0.5g | 3g |
| Sodium | 392mg | 2227mg |

Allergens: Sulphites, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: Hot

Eat Within 2 Days

Ingredients & Prep Actions:

| | | |
|----------|------------|--|
| Serves 3 | [Serves 4] | |
| 150g | 200g | Rice Vermicelli Noodles |
| 120ml | 160ml | Pickling Liquid <i>(90ml [120ml] Rice Wine Vinegar & 30ml [40ml] Maple-flavoured Syrup)</i> |
| 90g | 120g | Daikon Rounds <i>cut into thin matchsticks</i> |
| 2 | 2 | Onions <i>peel & finely slice 1½ [2]</i> |
| 300g | 400g | Button Mushrooms <i>wipe clean & roughly slice</i> |
| 45ml | 60ml | Black Bean Chilli Sauce |
| 2 | 2 | Garlic Cloves <i>peel & grate</i> |
| 90ml | 125ml | Low Sodium Soy Sauce |
| 2 | 2 | Vegetable Stock Sachets |
| 330g | 440g | Non-GMO Tofu <i>drain, pat dry & cut into bite-sized pieces</i> |
| 30ml | 40ml | Banhoek Chilli Oil |
| 8g | 10g | Fresh Chives <i>rinse & finely chop</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. OODLES OF NOODLES Boil a full kettle. Place the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 6-8 minutes. Drain and rinse in cold water.

2. QUICK PICKLE In a bowl, combine the pickling liquid, a splash of water, and seasoning. Set 1 tbsp aside for the soup. Toss through the daikon and a ¼ of the onion (to taste), then set aside to pickle.

3. BEAUTIFUL BROTH Place a pan over medium heat with a drizzle of oil. When hot, fry the mushrooms until deep brown and caramelised, 8-10 minutes (shifting occasionally). Add the remaining onion and fry until soft, 7-8 minutes (shifting occasionally). Add the black bean paste and the garlic. Fry until fragrant, 2-3 minutes. Add the soy sauce, 1½ [all] the stock, tofu, and 600ml [800ml] of water. Gently simmer, until slightly reduced, 8-10 minutes (stirring occasionally). Mix in the noodles, remove from the heat, add some of the pickling liquid (to taste) and season if necessary.

4. WHAT A MEAL Bowl up a generous helping of the noodle and mushroom broth. Drizzle over the chilli oil (to taste) and garnish with chives. Serve the pickled veg on the side and dig in Chef!

Chef's Tip

The browning of the mushrooms is what's going to deliver 80% of your flavour here, so do not skip this step (if you feel like there is a lot of sticking and/or scorching, add a drizzle of oil, mushrooms love oil)