UCOOK

Japanese-style Trout Noodles

with a hot dashi broth

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Creation Wines | Creation Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	673kJ	2589kJ
Energy	161kcal	619kcal
Protein	8.9g	34.3g
Carbs	21g	82g
of which sugars	1.1g	4.1g
Fibre	1.4g	5.4g
Fat	5.5g	21.1g
of which saturated	2.6g	9.9g
Sodium	1483mg	5706mg

Allergens: Sulphites, Shellfish, Fish, Gluten, Sesame, Wheat, Cow's Milk, Soya, Allium

Spice Level: Hot

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
45ml	60ml	Hot Dashi *(15ml [20ml] Chilli Flakes & 30ml [40ml] Dashi Granules)*
300g	400g	Pak Choi *trim at the base, separate leaves & rinse thoroughly*
2	2	Spring Onions *rinse, trim & slice, keeping the green & white parts seperate*
2	2	Garlic Cloves *peel & grate*
30g	40g	Fresh Ginger *peel & grate*
60ml	80ml	Low Sodium Soy Sauce
225g	300g	Flat Rice Noodles
120g	160g	Edamame Beans
3 packs	4 packs	Smoked Trout Ribbons *roughly chop*
90ml	125ml	Fresh Cream
7,5ml	10ml	Black Sesame Seeds

From Your Kitchen

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

1. DELICIOUS DASHI BROTH Boil the kettle. Dilute the hot dashi with 750ml [1L] of boiling water. Place a small pot over medium heat with a drizzle of oil. When hot, fry the pak choi stems, spring onion whites, garlic and ginger until fragrant, 1-2 minutes (shifting occasionally). Add the diluted dashi and bring to a simmer. Add the noodles and cook for 6-8 minutes. Mix through the soy sauce and add the edamame beans and pak choi leaves. Place a lid on the pot, allowing the pak choi to cook, 2-3 minutes. Season and remove from the heat.

2. JAPAN ON A PLATE When the pak choi is cooked, add a knob of butter and the cream to the noodles. Bowl up the noodles, topped with the smoked trout ribbons, sesame seeds and the spring onion greens. Simple as that, Chef!