



# UCCOOK

## Broccoli & Cashew Nut Pad Thai

with pak choi & fresh lime

This delicious, aromatic pad thai is packed with charred roasted broccoli, crunchy cashew nuts, pickled peppers, and pak choi. All this goodness is tossed with tender rice noodles, and is topped with chilli flakes, spring onion and a squeeze of lime!

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**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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 Veggie

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 Leopard's Leap | Culinary Brut MCC

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## Ingredients & Prep

50g	Rice Noodles
10g	Cashew Nuts
200g	Pak Choi <i>trimmed at the base &amp; rinsed</i>
150g	Broccoli Florets <i>cut into bite-sized pieces</i>
1	Spring Onion <i>finely sliced, keeping the white &amp; green parts separate</i>
52.5ml	Pad Thai Dressing <i>(15ml Tamarind Paste, 7,5ml Low Sodium Soy Sauce, 15ml Sesame Oil &amp; 15ml Brown Sugar)</i>
50g	Pickled Bell Peppers <i>drained &amp; roughly sliced</i>
1	Lime <i>½ zested &amp; cut into wedges</i>
2,5ml	Dried Chilli Flakes

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. RICE NOODLES** Boil the kettle. Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Give them a stir, cover with a plate, and set aside to soak for 8-10 minutes until cooked through and glassy. Drain on completion and toss through some oil to prevent sticking.

**2. CASHEW LATER!** While the noodles are soaking, place the cashews in a pan, large enough for the pad thai, over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and roughly chop. Set aside. Separate the rinsed pak choi stems and leaves. Thinly slice the stems and slice the leaves in half lengthways.

**3. WE WILL BROCC YOU** Return the pan to a medium heat with a drizzle of oil. When hot, add the broccoli pieces and fry for 4-5 minutes until charred, shifting occasionally. Season and remove from the pan on completion.

**4. ALL TOGETHER NOW** Return the pan to a medium heat with a drizzle of oil. When hot, add the sliced pak choi stems and the spring onion whites and fry for 1-2 minutes until starting to soften, shifting constantly. Add the pad thai dressing, the cooked noodles, the pak choi leaves, the charred broccoli, and the sliced pickled peppers. Fry for 2-3 minutes until the noodles are warmed through and the pak choi leaves are wilted, shifting occasionally. Season with a pinch of lime zest, a squeeze of lime juice, and salt.

**5. HEY, NOT PAD!** Plate up the pad thai noodles. Sprinkle over the toasted cashew nuts. Garnish with the sliced spring onion greens, the chilli flakes (to taste) and any remaining lime wedges. Tuck in!



## Chef's Tip

If you're feeling fancy, slice the green parts of the spring onion into long, thin strips and place them in a bowl of ice water to make them curly for your garnish!

## Nutritional Information

Per 100g

Energy	472kj
Energy	113kcal
Protein	3.1g
Carbs	17g
of which sugars	5.9g
Fibre	1.9g
Fat	4.5g
of which saturated	0.9g
Sodium	202mg

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Tree Nuts, Soy

Cook  
within 2  
Days