



UCOOK

Sesame Kewpie Soba Noodles

with cabbage, carrot & pickled ginger

A meal that will have you saying 'umami' with the first bite. Chewy soba noodles form the base of this dish, which is layered with crunchy cabbage, pickled ginger, and carrot ribbons. This is then coated with a kewpie mayo, mirin-soy vinaigrette, and a pulsed sesame seed sauce.

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 2 People

Chef: Rhea Hsu

 Veggie

 Creation Wines | Creation Cool-Climate
Chenin Blanc 2021

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Ingredients & Prep

80ml	White Sesame Seeds
20g	Cashew Nuts
100g	Soba Noodles
100g	Edamame Beans
100ml	Kewpie Mayo
100ml	Mirin-Soy Vinaigrette <i>(40ml Low Sodium Soy Sauce, 30ml Rice Wine Vinegar, 20ml Mirin & 10ml Sesame Oil)</i>
200g	Cabbage <i>thinly sliced</i>
240g	Carrot <i>trimmed, peeled (optional) & peeled into ribbons</i>
2	Spring Onions <i>rinsed & finely sliced</i>
50g	Pickled Ginger <i>drained & roughly chopped</i>
8g	Fresh Coriander <i>rinsed & picked</i>

From Your Kitchen

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

1. O CRUMBS Place the sesame seeds in a pan over medium heat. Toast for 4-5 minutes until browned and fragrant, shifting occasionally. Remove from the pan and place in a blender. Pulse until a rough crumb and set aside.

2. GO FOR GOLD Boil the kettle. Return the pan to a medium heat with the cashews. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan and roughly chop. Set aside.

3. OODLES OF SOBA NOODLES Fill a pot with boiling water, add a pinch of salt, and place over high heat. Once bubbling rapidly, cook the noodles for 6-8 minutes until tender. In the final minute, add the edamame beans. Drain and run under cold water to stop the cooking process. Toss through some oil to prevent sticking and set aside.

4. ADD SOME UMAMI In a small bowl, combine the kewpie mayo, the mirin-soy vinaigrette, the pulsed sesame seeds, 2 tbsp of a sweetener of choice, and seasoning (be careful, the soy sauce is salty).

5. TASTY TEAMWORK In a large bowl, combine the cooked soba noodles & edamame, the sliced cabbage, the carrot ribbons, ½ the sliced spring onion, the chopped pickled ginger, and the sesame kewpie sauce.

6. SET THE TABLE! Dish up the saucy sesame kewpie noodles. Sprinkle over the toasted cashews, and garnish with the remaining spring onion and coriander. Well done, Chef!

Nutritional Information

Per 100g

Energy	807kJ
Energy	193kcal
Protein	4.8g
Carbs	15g
of which sugars	3.2g
Fibre	2.8g
Fat	5.8g
of which saturated	0.9g
Sodium	314mg

Allergens

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

Cook
within
4 Days