



# UCOOK

## Sweet Potato Teriyaki Noodles

with pak choi, honey & kimchi

Practically no prep! Tons of Japanese-inspired flavour! A tantalising teriyaki sauce with oodles of soba noodles, sticky sweet potatoes, and pak choi – all flecked with kimchi and toasted peanuts.

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**Hands-On Time:** 15 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person


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**Chef:** Kate Gomba

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 Vegetarian

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 Haute Cabrière | Chardonnay Pinot Noir

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## Ingredients & Prep

250g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
15g	Peanuts
5ml	Vegetable Stock
50g	Soba Noodles
100g	Pak Choi <i>trimmed at the base</i>
30ml	Sticky Teriyaki Sauce <i>(15ml Onga Teriyaki Sauce, 7,5ml Low Sodium Soy Sauce &amp; 7,5ml Honey)</i>
50g	Edamame Beans
25g	Kimchi <i>drained &amp; roughly chopped</i>

## From Your Kitchen

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

**1. POPPIN' POTATOES** Preheat the oven to 200°C and boil a full kettle. Spread out the sweet potato chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

**2. EARTHY GROUNDNUTS** Place a pan or wok over a medium heat. When hot, toast the peanuts for 3-5 minutes until golden, shifting occasionally. Remove from the pan or wok and roughly chop.

**3. GET THE NOODLES GOING** Dilute the stock with 100ml of boiling water. Fill a pot with boiling water, add a pinch of salt, and place over a high heat. Once bubbling rapidly, cook the noodles for 6-8 minutes until tender. Drain on completion and run under cold water to stop the cooking process. Return to the pot and toss through some oil to prevent sticking.

**4. PAK CHOI PREP** Rinse the trimmed pak choi. Separate the green leaves from the stem and slice the leaves in half lengthways, and finely slice the stems. Return the pan or wok to a medium heat with a drizzle of oil. When hot, sauté the sliced stems for 2-3 minutes until slightly softened. Transfer to a bowl and cover to keep warm.

**5. TERRIFIC TERIYAKI** Return the pan or wok to the heat and pour in the diluted stock. Mix in the sticky teriyaki sauce and bring to a simmer. Allow to reduce for 4-5 minutes until slightly thickened, stirring occasionally. Once reduced, stir through the cooked noodles, roasted sweet potato, edamame beans, pak choi sliced stems, and pak choi leaves. Cook for 2-3 minutes until the leaves are wilted and the edamame beans are heated through. Season and remove from the heat on completion.

**6. WARM & SOULFUL** Dish up a bowl of saucy teriyaki sweet potato noodles. Scatter over the chopped kimchi to taste and garnish with the chopped peanuts. Time to receive this beautiful meal. Itadakimasu.



## Chef's Tip

We suggest using a wok for this recipe if you have one. The best thing about a wok is that it distributes heat more evenly. It ensures that food tossed during stir frying lands back in the pan!

## Nutritional Information

Per 100g

Energy	467kJ
Energy	112Kcal
Protein	4.3g
Carbs	19g
of which sugars	4.8g
Fibre	2.2g
Fat	1.9g
of which saturated	0.2g
Sodium	390mg

## Allergens

Gluten, Allium, Peanuts, Wheat,  
Sulphites, Soy

Cook  
within 3  
Days