



UCOOK

Coconut & Peanut Ramen

with pak choi & chilli flakes

Although a simple seaweed-based stock, dashi takes this ramen to a whole new culinary level that will set a new standard for you in Japanese cooking. Swirled with coconut cream, garlic, ginger, chilli & a special UCOOK ramen base, the pak choi, tofu & egg noodles all slurp up this umami-fied broth. Just like you will, Chef!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Jenna Peoples

Veggie

Paul Cluver | Village Chardonnay

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1 cake	Egg Noodles
110g	Non-GMO Tofu <i>drain & cut into bite-sized cubes</i>
20g	Peanuts <i>finely chop</i>
1	Onion <i>peel & roughly slice</i>
150g	Pak Choi <i>trim at the base, & rinse</i>
1	Garlic Clove <i>peel & grate</i>
10g	Fresh Ginger <i>peel & grate</i>
1	Fresh Chilli <i>thinly slice</i>
5ml	Dashi Granules
200ml	Coconut Cream
30ml	Ramen Base <i>(20ml [40ml])#7DA0D7 Low Sodium Soy Sauce & 10ml [20ml])#7DA0D7 Rice Wine Vinegar)</i>

From Your Kitchen

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

1. OODLES OF NOODLES Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water.

2. TASTY TOFU Place a pan over medium-high heat with a drizzle of oil. When hot, fry the tofu until golden and crispy, 2-3 minutes per side. Remove from the pan and set aside. Return the pan to medium heat. Toast the peanuts until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. PAK CHOI Roughly slice the stems of the pak choi and cut the leaves in half lengthways.

4. DELISH DASHI DISH Return the pan to a medium heat with a drizzle of oil. When hot, fry the onions and the pak choi stems until charred and softening, 5-6 minutes (shifting occasionally). Add the garlic, the ginger and some of the sliced chilli (to taste). Fry until fragrant, 30-60 seconds (shifting constantly). Add the dashi granules, the coconut cream, the ramen base and 100ml [200ml])#7DA0D7 of water. Simmer until slightly reduced, 3-4 minutes (stirring occasionally). Add the egg noodles, pak choi leaves, and the crispy tofu. Mix until the pak choi leaves are wilted, 1-2 minutes. Season.

5. BOWL 'EM OVER Bowl up the saucy noodles and veg. Top with the toasted peanuts and some of the remaining chilli (to taste) and there you have it, Chef!

Nutritional Information

Per 100g

Energy	561kJ
Energy	134kcal
Protein	4.9g
Carbs	12g
of which sugars	1.9g
Fibre	1.1g
Fat	7.4g
of which saturated	4.7g
Sodium	390mg

Allergens

Egg, Gluten, Allium, Peanuts, Wheat,
Sulphites, Fish, Soy, Shellfish

Eat
Within
4 Days