



UCCOOK

Vegan Kimchi Noodles

with corn & edamame beans

When it comes to fermented food, kimchi is the OG. A traditional Korean banchan dish, these salty, fermented vegetables are combined with al dente soba noodles, fried onion, carrot, corn & plump edamame beans. Drenched in a lemony soy sauce with mirin, you won't believe how these few ingredients are transformed. Go on, put us to the test, Chef!

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Megan Bure

 Veggie

 Laborie Estate | Laborie Chardonnay 2023

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Ingredients & Prep

| | |
|------|---|
| 50g | Soba Noodles |
| 1 | Onion <i>peel & roughly slice</i> |
| 240g | Carrot <i>rinse, trim, peel & cut into matchsticks</i> |
| 50g | Corn |
| 50g | Edamame Beans |
| 50g | Kimchi |
| 25ml | Lemon Soy Sauce <i>(10ml Lemon Juice, 10ml Low Sodium Soy Sauce & 5ml Mirin)</i> |
| 3g | Fresh Coriander <i>rinse, pick & roughly chop</i> |

From Your Kitchen

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

1. SOBA SENSATION Bring a pot of salted water to boil for the noodles. Cook the noodles until al dente, 3-4 minutes. Drain and rinse in cold water.

2. LEMONY LOADED NOODLES Place a pan over medium heat with a drizzle of oil. When hot, fry the sliced onion and the carrot matchsticks until golden, 4-5 minutes (shifting occasionally). Add the corn, and the edamame beans. Fry until heated through but still crunchy, 2-3 minutes (shifting occasionally). In the final minute, toss through the cooked soba noodles, the kimchi, the lemon soy sauce, and a splash of water. Remove from the heat, add a sweetener, and season.

3. VEGAN GASTRONOMY Plate up the steaming kimchi noodles and garnish with the chopped coriander. Easy, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|--------|
| Energy | 341kj |
| Energy | 81kcal |
| Protein | 3.3g |
| Carbs | 16g |
| of which sugars | 3.8g |
| Fibre | 2.5g |
| Fat | 0.5g |
| of which saturated | 0g |
| Sodium | 203mg |

Allergens

Gluten, Allium, Wheat, Sulphites,
Alcohol, Soy

Cook
within 3
Days