

UCOOK

Halloumi & Chilli Peanut Noodles

with spring onion & edamame beans

Perfectly crispy slabs of salty halloumi adorn a bed of spicy rice noodles. Coated with a special UCOOK sweet-sesame soy sauce and layered with the herbaceous flavours of coriander & spring onion, together with the nuttiness of toasted sesame seeds & peanuts. You'll want oodles of these noodles, Chef!

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Samantha du Toit

Veggie

Deetlefs Wine Estate | Deetlefs Estate Chenin Blanc

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Ingredients & Prep

20ml	Peanut Butter
1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
40ml	Sweet Sesame Soy <i>(20ml Low Sodium Soy Sauce, 10ml Sesame Oil & 10ml Honey)</i>
1	Garlic Clove <i>peel & grate</i>
10g	Fresh Ginger <i>peel & grate</i>
75g	Flat Rice Noodles
40g	Edamame Beans
10ml	White Sesame Seeds
10g	Peanuts <i>roughly chop</i>
80g	Halloumi Cheese
1	Spring Onion <i>rinse, trim & finely slice</i>
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. IMPRESSING WITH THE DRESSING In a blender, add the peanut butter, ½ the sliced chilli (to taste), the sweet sesame soy, the grated garlic & ginger, a drizzle of olive oil, and seasoning. Blend until smooth and loosen with water in 5ml increments until drizzling consistency.

2. OODLES OF NOODLES Boil the kettle. Place the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 10-12 minutes. Drain and gently toss through a drizzle of olive oil and ½ the dressing.

3. PLUMP BEANS Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and toss through the saucy noodles.

4. NUTTY X2 Place the sesame seeds and the chopped peanuts in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

5. CRISPY HALLOUMI Slice the halloumi into 1cm thick slabs (be careful not to slice too thinly!) Return the pan to medium heat with a drizzle of oil. When hot, fry the halloumi until crispy and golden, 1-2 minutes per side. Remove from the pan and drain on paper towel.

6. BOWL 'EM OVER Bowl up the rice noodles. Top with the crispy halloumi and the sliced spring onion (to taste). Drizzle over the remaining dressing. Garnish with the chopped coriander and the toasted sesame seeds & peanuts. Scatter over any remaining chilli (to taste).

Nutritional Information

Per 100g

Energy	1323kj
Energy	317kcal
Protein	12.8g
Carbs	27g
of which sugars	4.5g
Fibre	3.8g
Fat	17.9g
of which saturated	7.7g
Sodium	428mg

Allergens

Gluten, Allium, Sesame, Peanuts,
Wheat, Soy, Cow's Milk

Eat
Within
3 Days