



UCOOK

Loaded Veggie Peanut Noodles

with aubergine, soba noodles, & fresh chilli

Loaded veggie peanut noodles, packed full of browned aubergine, wilted pak choi, al dente soba noodles, crunchy edamame beans and chilli for a welcome kick. All covered in an umami-rich peanut & black vinegar-soy sauce, then topped with chopped peanuts.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Veggie

 Creation Wines | Creation
Viognier/Roussanne

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Ingredients & Prep

50g	Soba Noodles
100g	Pak Choi <i>trimmed at the base</i>
30ml	Noodle Sauce <i>(10ml Black Vinegar & 20ml Low Sodium Soy Sauce)</i>
25ml	Peanut Butter
250g	Aubergine <i>rinsed, trimmed & cut into bite-sized chunks</i>
1	Garlic Clove <i>peeled & grated</i>
1	Fresh Chilli <i>trimmed, de-seeded & finely sliced</i>
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
50g	Edamame Beans
4g	Fresh Coriander <i>rinsed & roughly chopped</i>
15g	Peanuts <i>roughly chopped</i>
1	Lemon <i>cut into wedges</i>

From Your Kitchen

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

1. OODLES OF NOODLES Boil the kettle. Fill a pot with boiling water, add a pinch of salt, and place over high heat. Once bubbling, cook the noodles for 4-6 minutes until tender. Drain and run under cold water to stop the cooking process. Toss through some oil to prevent sticking and set aside.

2. O BOY, WE HAVE PAK CHOI! Separate the leaves of the trimmed pak choi and rinse well. Finely slice the stems and set aside. Slice the green, leafy parts in half lengthways. Set aside. In a bowl, combine the noodle sauce, the peanut butter, 15ml of water, and 5ml of a sweetener of choice. Set aside.

3. CALL ME EGGPLANT OR BRINJAL When the noodles are done, place a pan or wok over medium-high heat with a drizzle of oil. When hot, add the aubergine chunks and fry for 4-5 minutes until browned, shifting occasionally.

4. SMELL THOSE FRAGRANT FLAVOURS When the aubergine is browned, add the grated garlic, the sliced pak choi stems, ½ the sliced chilli (to taste), the halved pak choi leaves, and the spring onion whites to the pan or wok. Fry for 1-2 minutes until fragrant, shifting constantly. Remove from the heat and add the peanut noodle sauce, the cooked noodles, and the edamame beans. Toss until combined and season.

5. OODLES OF YUM NOODLES Bowl up the loaded aubergine noodles. Sprinkle over the remaining chilli (to taste), the chopped coriander, the spring onion greens, and the chopped peanuts. Squeeze over some lemon juice and serve with the remaining wedges. Dive in, Chef!

Nutritional Information

Per 100g

Energy	436kJ
Energy	104kcal
Protein	5g
Carbs	13g
of which sugars	2.7g
Fibre	2.9g
Fat	3.9g
of which saturated	0.6g
Sodium	237mg

Allergens

Gluten, Allium, Peanuts, Wheat, Sulphites, Soy

Cook
within
4 Days