



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.

Hands-On Time: 30 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Kate Gomba

 Vegetarian

 Haute Cabrière | Chardonnay Pinot Noir

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Ingredients & Prep

1kg	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
60g	Peanuts
20ml	Vegetable Stock
200g	Soba Noodles
400g	Pak Choi <i>trimmed at the base</i>
105ml	Sticky Teriyaki Sauce <i>(45ml Onga Teriyaki Sauce, 30ml Low Sodium Soy Sauce & 30ml Honey)</i>
200g	Edamame Beans
100g	Kimchi <i>drained & 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 35-40 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 300ml 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 8-10 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 3-4 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