



QCOOK

Kimchi Noodles

with corn & edamame beans

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Veggie: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Groote Post Winery | Groote Post Riesling

Nutritional Info	Per 100g	Per Portion
Energy	322kj	1956kj
Energy	77kcal	468kcal
Protein	2.9g	17.6g
Carbs	16g	95g
of which sugars	3.8g	23.1g
Fibre	2.4g	14.3g
Fat	0.4g	2.6g
of which saturated	0g	0.2g
Sodium	178mg	1079mg

Allergens: Sulphites, Gluten, Wheat, Alcohol, Soya, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150g	200g	Soba Noodles
2	2	Onions <i>peel & roughly slice</i>
720g	960g	Carrot <i>rinse, trim, peel & cut into matchsticks</i>
150g	200g	Corn
120g	160g	Edamame Beans
150g	200g	Kimchi
75ml	100ml	Lemon-Soy Sauce <i>(30ml [40ml] Lemon Juice, 30ml [40ml] Low Sodium Soy Sauce & 15ml [20ml] Mirin)</i>
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

1. SOBA SENSATION Bring a pot of salted water to a 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 onion and the carrot until golden, 6-7 minutes (shifting occasionally). Add the corn, and the edamame beans. Fry until heated through but still crunchy, 3-4 minutes (shifting occasionally). In the final minute, toss through the 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 coriander. Easy, Chef!

Chef's Tip