



Eat Within 2 Days

# UCCOOK

## Sautéed Mushroom & Tofu Noodles

with pickled veg & chilli oil

**Hands-on Time:** 40 minutes

**Overall Time:** 45 minutes

**Veggie:** Serves 3 & 4

**Chef:** Ethan Shahim

**Wine Pairing:** Zevenwacht | Estate Chardonnay

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 502kj    | 2025kj      |
| Energy             | 120kcal  | 484kcal     |
| Protein            | 5.3g     | 21.4g       |
| Carbs              | 17g      | 68g         |
| of which sugars    | 4g       | 16g         |
| Fibre              | 1.5g     | 5.9g        |
| Fat                | 4.6g     | 18.6g       |
| of which saturated | 0.7g     | 3g          |
| Sodium             | 598mg    | 2413mg      |

**Allergens:** Sulphites, Gluten, Sesame, Wheat, Soya, Allium

**Spice Level:** Hot

## Ingredients & Prep Actions:

|                 |                   |                                                                                                    |
|-----------------|-------------------|----------------------------------------------------------------------------------------------------|
| <b>Serves 3</b> | <b>[Serves 4]</b> |                                                                                                    |
| 150g            | 200g              | Rice Vermicelli Noodles                                                                            |
| 120ml           | 160ml             | Pickling Liquid<br><i>(90ml [120ml] Rice Wine Vinegar &amp; 30ml [40ml] Maple-flavoured Syrup)</i> |
| 90g             | 120g              | Daikon Rounds<br><i>cut into thin matchsticks</i>                                                  |
| 190g            | 250g              | Button Mushrooms<br><i>wipe clean &amp; roughly slice</i>                                          |
| 45ml            | 60ml              | Black Bean Chilli Sauce                                                                            |
| 2               | 2                 | Garlic Cloves<br><i>peel &amp; grate</i>                                                           |
| 90ml            | 125ml             | Low Sodium Soy Sauce                                                                               |
| 2               | 2                 | Vegetable Stock Sachets                                                                            |
| 330g            | 440g              | Non-GMO Tofu<br><i>drain, pat dry &amp; cut into bite-sized pieces</i>                             |
| 30ml            | 40ml              | Banhoek Chilli Oil                                                                                 |
| 8g              | 10g               | Fresh Chives<br><i>rinse &amp; finely chop</i>                                                     |
| 60g             | 80g               | Pickled Onions<br><i>drain &amp; thinly slice</i>                                                  |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel

**1. OODLES OF NOODLES** Boil a full kettle. Place the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 6-8 minutes. Drain and rinse in cold water.

**2. QUICK PICKLE** In a bowl, combine the pickling liquid, a splash of water, and seasoning. Set 1 tbsp aside for the soup. Toss through the daikon, then set aside to pickle.

**3. BEAUTIFUL BROTH** Place a pan over medium heat with a drizzle of oil. When hot, fry the mushrooms until deep brown and caramelised, 8-10 minutes (shifting occasionally). Add the black bean chilli sauce and the garlic. Fry until fragrant, 2-3 minutes. Add the soy sauce, 1½ [all] the stock, tofu, and 600ml [800ml] of water. Gently simmer, until slightly reduced, 8-10 minutes (stirring occasionally). Mix in the noodles, remove from the heat, add some of the pickling liquid (to taste) and season if necessary.

**4. WHAT A MEAL** Bowl up a generous helping of the noodle and mushroom broth. Drizzle over the chilli oil (to taste) and garnish with chives. Serve the pickled daikon and onion on the side and dig in, Chef!