



UCCOOK

Hawker-style Tofu Noodles

with tofu, peanuts & teriyaki sauce

Imagine a bowl of steaming noodles, swimming with green peppers and pak choi, slabs of tofu on top, and pickled radish rounds poking through. A sprinkle of fresh coriander, spring onion, and a squeeze of fresh lemon finish off this incredible dish. Tuck in, it's all yours!

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Thea Richter

 Veggie

 Alvi's Drift | Sparkling Brut Blanc de Blanc

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1 cake	Egg Noodles
20g	Radish <i>rinsed & sliced into thin rounds</i>
15ml	Rice Wine Vinegar
100g	Pak Choi <i>trimmed at the base</i>
110g	Non-GMO Tofu <i>drained & cut into 1-2cm thick slabs</i>
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
1	Green Bell Pepper <i>rinsed, deseeded & cut into thin strips</i>
30ml	Hawker Sauce <i>(15ml Indonesian Soy Sauce & 15ml Teriyaki Sauce)</i>
15ml	Low Sodium Soy Sauce
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
25g	Peanuts <i>finely chopped</i>
1	Lemon <i>½ cut into wedges</i>

From Your Kitchen

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

1. EGG NOODLES Boil the kettle. Fill a pot for the noodles with boiling water, add a pinch of salt, and place over a medium-high heat. Once boiling rapidly, cook the noodles for 7-8 minutes until al dente. Drain on completion and toss through some oil to prevent sticking.

2. PEANUTS & PICKLE In a small bowl, combine the radish rounds, the vinegar, a splash of cold water, some salt and a sweetener to taste. Mix and set aside to pickle.

3. GREEN GOODNESS 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, keeping them separate from the stems. Set aside.

4. TASTY TOFU Return the pan to a high heat with a drizzle of oil. When hot, fry the tofu for 3-4 minutes per side until crispy. Remove from the heat and cover to keep warm.

5. NEARLY THERE... Return the pan to a medium heat with another drizzle of oil. When hot, fry the pak choi stems, the white spring onion slices, and the pepper strips for 2-3 minutes until slightly softened. Add the hawker sauce and the soy sauce. Simmer for 1-2 minutes until combined. Lower the heat and add the egg noodles, pak choi leaves, and a splash of water. Mix for 1-2 minutes until wilted and combined. Season to taste.

6. TOFU NOODLE HEAVEN! Bowl up a generous amount of the saucy noodles and veg. Top with the tofu slabs. Garnish with spring onion greens and chopped coriander. Scatter over the pickled radish rounds and the chopped peanuts. Squeeze over some lemon juice. There you have it!

Nutritional Information

Per 100g

Energy	440kj
Energy	105kcal
Protein	5.2g
Carbs	14g
of which sugars	3.6g
Fibre	1.6g
Fat	3.4g
of which saturated	0.6g
Sodium	315mg

Allergens

Egg, Gluten, Allium, Peanuts, Wheat, Sulphites, Soy

Cook
within 2
Days