



UCCOOK

Vegetarian Spicy Ramen

with edamame beans, pak choy & DIY gochujang oil

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Groote Post Winery | Groote Post Pinch of Salt Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	292kj	1782kj
Energy	70kcal	426kcal
Protein	3.4g	20.6g
Carbs	13g	76g
of which sugars	2.8g	17.4g
Fibre	2.4g	14.7g
Fat	1.1g	6.5g
of which saturated	0.1g	0.6g
Sodium	251mg	1529mg

Allergens: Gluten, Allium, Sesame, Wheat, Sulphites, Soy, Sugar Alcohol (Sweetener)

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
5ml	10ml	Black Sesame Seeds
15ml	30ml	Gochujang
1	1	Vegetable Stock Sachet
125g	250g	Shimeji Mushrooms <i>trim at the base</i>
100g	200g	Pak Choi <i>trim at the base, separate leaves & rinse thoroughly</i>
20g	40g	Fresh Ginger <i>peel & cut in thick slices</i>
1	1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
10ml	20ml	Tomato Paste
20ml	40ml	Low Sodium Soy Sauce
50g	100g	Edamame Beans
100g	200g	Udon Noodles
120g	120g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Egg/s (optional)
Seasoning (salt & pepper)

1. SPICY OIL & SEEDS Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to medium-high heat with 30ml [60ml] of oil. Once hot, remove from the heat and pour into a bowl with ½ the gochujang. Gently mix until the oil starts to turn a bright red colour. Strain just before serving.

2. MUSHIES Boil the kettle. Dilute the stock with 400ml [800ml] of boiling water. Place a pot over medium-high heat with a drizzle of oil. When hot, fry the mushrooms until golden, 4-5 minutes (shifting occasionally). Remove from the pot, place into a bowl, and season.

3. THAT'S SO RAMEN Finely slice the pak choi stems and set aside. Slice the leafy parts in half lengthways, keeping them separate from the stems. Return the pot to medium-high heat with a drizzle of oil. Fry the pak choi stems until al dente, 2-3 minutes. Add the ginger, the spring onion whites, and ½ the mushrooms. Fry until fragrant, 1-2 minutes (shifting constantly). Add the tomato paste and the remaining gochujang (to taste) and fry until fragrant, 1-2 minutes (shifting constantly). Add the diluted stock, reduce the heat, and simmer, 5-7 minutes.

4. OPTIONAL BOILED EGG Bring a pot of water to the boil for the egg/s. When the water is boiling, cook 1 [2] egg/s for 6-8 minutes for medium, 6 minutes for medium-soft, and 8-10 minutes for medium-hard. Drain and submerge in cold water. Peel, slice in half before serving, and season.

5. BROTH If the broth is too thick, add water in small increments until the desired consistency. Remove the ginger slices. Stir in the soy sauce, the pak choi leaves, the edamame beans, and a sweetener (to taste). Add the udon noodles and cook until al dente, 2-3 minutes. Remove from the heat.

6. WOW! Bowl up a helping of the ramen and drizzle over the gochujang oil. Top with the remaining mushrooms, the boiled egg (if using), and the carrot. Sprinkle over the sesame seeds and spring onion greens. Simply stunning, Chef!