



QCOOK

Sautéed Mushroom & Tofu Noodles

with pickled veg & chilli oil

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Veggie: Serves 1 & 2

Chef: Ethan Shahim

Wine Pairing: Zevenwacht | Estate Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	408kj	2319kj
Energy	98kcal	555kcal
Protein	4.1g	23.6g
Carbs	14g	81g
of which sugars	3.8g	21.6g
Fibre	1.5g	8.7g
Fat	3.3g	18.8g
of which saturated	0.5g	3g
Sodium	392mg	2227mg

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

Spice Level: Hot

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50g	100g	Rice Vermicelli Noodles
40ml	80ml	Pickling Liquid <i>(30ml [60ml] Rice Wine Vinegar & 10ml [20ml] Maple-flavoured Syrup)</i>
30g	60g	Daikon Rounds <i>cut into thin matchsticks</i>
1	1	Onion <i>peel & finely slice ½ [1]</i>
100g	200g	Button Mushrooms <i>wipe clean & roughly slice</i>
15ml	30ml	Black Bean Chilli Sauce
1	1	Garlic Clove <i>peel & grate</i>
30ml	60ml	Low Sodium Soy Sauce
1	1	Vegetable Stock Sachet
110g	220g	Non-GMO Tofu <i>drain, pat dry & cut into bite-sized pieces</i>
10ml	20ml	Banhoek Chilli Oil
3g	5g	Fresh Chives <i>rinse & finely chop</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 and a ¼ of the onion (to taste), 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, 6-8 minutes (shifting occasionally). Add the remaining onion and fry until soft, 5-6 minutes (shifting occasionally). Add the black bean paste and the garlic. Fry until fragrant, 1-2 minutes. Add the soy sauce, ½ [all] the stock, tofu, and 200ml [400ml] of water. Gently simmer, until slightly reduced, 5-6 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 veg on the side and dig in Chef!

Chef's Tip

The browning of the mushrooms is what's going to deliver 80% of your flavour here, so do not skip this step (if you feel like there is a lot of sticking and/or scorching, add a drizzle of oil, mushrooms love oil)