

UCOOK

Veggie Satay Noodles

with corn, pak choi & peanuts

If you love peanut butter, crunch and sweetness, then this noodle recipe is the dish for you! It's fresh, light, spicy and full of flavour. Broccoli, pak choi, peppers and corn are cooked until tender, before being tossed together with a soy sauce & peanut butter satay sauce and soft soba noodles. Veggie-packed perfection!

Hands-On Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Sarah Hewitt

 Veggie

 Boschendal | 1685 Chardonnay

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Ingredients & Prep

150g	Soba Noodles
450g	Pak Choi <i>trimmed at the base</i>
300g	Broccoli Florets <i>cut into bite-sized chunks</i>
2	Red Bell Peppers <i>1½ rinsed, deseeded & cut into bite-sized pieces</i>
150g	Corn
85ml	Plain Peanut Butter
45ml	Low Sodium Soy Sauce
30g	Peanuts <i>roughly chopped</i>
12g	Fresh Coriander <i>rinsed & picked</i>
2	Fresh Chillies <i>deseeded & finely chopped</i>

From Your Kitchen

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

1. SOBA NOODLES Boil the kettle. Fill a pot with boiling water, add a pinch of salt, and place over a high heat. Once bubbling rapidly, cook the noodles for 6-8 minutes until tender. Drain on completion and run under cold water to stop the cooking process. Toss through some oil to prevent sticking and set aside.

2. STIR FRY 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. Place a pan, with a lid, over a high heat with a drizzle of oil. When hot, add the broccoli chunks, the sliced pak choi stems, the pepper pieces, and the corn. Fry for 5-6 minutes until starting to char, shifting occasionally. Add a splash of water, cover with the lid, and leave to simmer for 1-2 minutes until slightly softened. Remove from the pan on completion and season to taste.

3. SATAY SAUCE Return the pan to a medium heat. Add the peanut butter, the soy sauce, and a sweetener of choice (to taste). Mix until fully combined and leave to simmer for 1-2 minutes, until slightly reduced. Lower the heat and add the cooked veggies, the halved pak choi leaves, the cooked noodles, and a splash of water. Mix until fully combined.

4. DINNER IS SERVED! Plate up the saucy noodles and veggies. Sprinkle over the chopped peanuts, the picked coriander, and the chopped chilli (to taste). Wow, Chef!

Nutritional Information

Per 100g

Energy	438kJ
Energy	105Kcal
Protein	5g
Carbs	14g
of which sugars	1.8g
Fibre	2.4g
Fat	3.6g
of which saturated	0.7g
Sodium	226mg

Allergens

Gluten, Peanuts, Wheat, Soy

Cook
within 2
Days