



UCOOK

Crispy Kingklip Dashi & Noodles

with pak choi & pickled ginger

Japanese-style cuisine at its finest! A fragrant broth of pickled ginger, mushrooms, pak choi and dashi granules is elevated to new taste heights by spicy sriracha and soy sauce. Served with a flaky kingklip fillet on top and tender egg noodles, this dish proves that broth doesn't have to be boring, but on the contrary, can be full of delicious flavour and pizzazz!

Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Wandile Mabaso

 Adventurous Foodie

 Leopard's Leap | Sauvignon Blanc

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Ingredients & Prep

1	Onion <i>½ peeled & finely sliced</i>
20g	Pickled Ginger <i>drained & roughly chopped</i>
5g	Dashi Granules
15ml	Low Sodium Soy Sauce
65g	Button Mushrooms <i>cut into quarters</i>
1 cake	Egg Noodles
10ml	Sriracha Sauce
1	Kingklip Fillet
100g	Pak Choi <i> rinsed, trimmed & halved lengthways</i>
1	Spring Onion <i>finely sliced</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter (optional)

1. BUBBLING BROTH Place a pot (large enough for the broth) over a medium heat with a drizzle of oil. When hot, fry the sliced onion and $\frac{3}{4}$ of the chopped pickled ginger (to taste), and a pinch of salt for 2-3 minutes until softened. Add 300ml of water and bring up to a gentle simmer. When simmering, add the dashi granules and $\frac{1}{2}$ of the soy sauce and dilute by stirring. Reduce to a low heat and simmer for 8-10 minutes until well developed in flavour.

2. GOLDEN MUSHIES Place a pan, with a lid, over a medium-high heat with a drizzle of oil. When hot, fry the quartered mushrooms for 4-5 minutes, shifting occasionally, until golden. On completion, remove from the pan and add to the broth.

3. SILKY 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. Set aside. In a small bowl, combine the sriracha (to taste) with the remaining soy sauce.

4. FLAKY KINGKLIP Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). Pat the kingklip dry with some paper towel and season. When the pan is hot, fry the kingklip, skin-side down, for 3-4 minutes until crispy and golden. Flip and fry the other side for a further 3-4 minutes until cooked through. When the broth has finished simmering, stir through the halved pak choi. Replace the lid and cook for a further 2-3 minutes until wilted.

5. DINNER FOR THE BROTH OF US! Place the broth along with all its accompaniments and the noodles into a bowl. Place the kingklip over the broth. Sprinkle the sliced spring onion, and the sriracha & soy sauce (to taste) over the top, along with any remaining pickled ginger. Enjoy!

Nutritional Information

Per 100g

Energy	345kJ
Energy	82kcal
Protein	6.9g
Carbs	11g
of which sugars	1.5g
Fibre	1.1g
Fat	0.8g
of which saturated	0.2g
Sodium	438mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Fish, Soy

Cook
within 1
Day