



UCOOK

Vegan Kimchi Noodles

with corn & edamame beans

When it comes to fermented food, kimchi is the OG. A traditional Korean banchan dish, these salty, fermented vegetables are combined with al dente soba noodles, fried onion, carrot, corn & plump edamame beans. Drenched in a lemony soy sauce with mirin, you won't believe how these few ingredients are transformed. Go on, put us to the test, Chef!

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 4 People

Chef: Megan Bure

 Veggie

 Laborie Estate | Laborie Chardonnay 2023

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Ingredients & Prep

200g	Soba Noodles
2	Onions <i>peel & roughly slice</i>
960g	Carrot <i>rinse, trim, peel & cut into matchsticks</i>
200g	Corn
200g	Edamame Beans
200g	Kimchi
100ml	Lemon Soy Sauce <i>(40ml Lemon Juice, 40ml Low Sodium Soy Sauce & 20ml Mirin)</i>
10g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. SOBA SENSATION Bring a pot of salted water to boil for the noodles. Cook the noodles until al dente, 3-4 minutes. Drain and rinse in cold water.

2. LEMONY LOADED NOODLES Place a pan over medium heat with a drizzle of oil. When hot, fry the sliced onion and the carrot matchsticks until golden, 6-7 minutes (shifting occasionally). Add the corn, and the edamame beans. Fry until heated through but still crunchy, 3-4 minutes (shifting occasionally). In the final minute, toss through the cooked soba noodles, the kimchi, the lemon soy sauce, and a splash of water. Remove from the heat, add a sweetener, and season.

3. VEGAN GASTRONOMY Plate up the steaming kimchi noodles and garnish with the chopped coriander. Easy, Chef!

Nutritional Information

Per 100g

Energy	341kj
Energy	81kcal
Protein	3.3g
Carbs	16g
of which sugars	3.8g
Fibre	2.5g
Fat	0.5g
of which saturated	0g
Sodium	203mg

Allergens

Gluten, Allium, Wheat, Sulphites,
Alcohol, Soy

Cook
within 3
Days