



UCCOOK

Vegetarian Tahini Noodles

with cucumber & toasted sesame seeds

Load-shedding in an hour? No problem, Chef! Put away the takeaway menu and start cooking this recipe now, which is ready in under 60 minutes. Your dinner-saving dish starts with a bed of hearty rice noodles, topped with syrup-coated sweet potatoes, fresh cucumber matchsticks, and plump edamame. Covered in a delicious Asian sauce.

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Cara Marshall

Fan Faves

 Groote Post Winery | Groote Post Brut MCC

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Ingredients & Prep

| | |
|------|-------------------------------------------------------------------------------|
| 500g | Sweet Potato <i>rinse, peel (optional) & cut into 1cm thick rounds</i> |
| 30ml | Maple-flavoured Syrup |
| 40ml | Tahini |
| 1 | Fresh Chilli <i>rinse, trim, deseed & finely slice</i> |
| 60ml | Sesame Soy <i>(20ml Sesame Oil & 40ml Low Sodium Soy Sauce)</i> |
| 1 | Garlic Clove <i>peel & grate</i> |
| 20g | Fresh Ginger <i>peel & grate</i> |
| 150g | Flat Rice Noodles |
| 80g | Edamame Beans |
| 10ml | White Sesame Seeds |
| 100g | Cucumber <i>rinse & cut into thin matchsticks</i> |
| 1 | Spring Onion <i>rinse, trim & finely slice</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender

1. SWEET SWEET POTATOES Preheat the oven to 200°C. Spread the sweet potato rounds on a roasting tray. Coat in oil, the syrup, and seasoning. Roast in the hot oven until crispy, 20-25 minutes (shifting halfway).

2. SOY GOOD SAUCE To a blender, add the tahini, ½ the sliced chilli (to taste), the sesame soy, the grated garlic & ginger, a drizzle of olive oil, and seasoning. Blend until smooth and loosen with water in 5ml increments until drizzling consistency.

3. OODLES OF NOODLES Boil the kettle. Place the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 10-12 minutes. Drain and gently toss through a drizzle of olive oil and ½ the dressing.

4. PLUMP IT UP Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

5. GOLDEN SESAME Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

6. DINNER BY CANDLELIGHT Bowl up the rice noodles. Top with the glazed sweet potato, the fresh cucumber matchsticks, and the edamame beans. Drizzle over the remaining dressing. Garnish with the sliced spring onion and the toasted sesame seeds. Scatter over any remaining chilli (to taste).



Chef's Tip

If you're feeling fancy, slice the green parts of the spring onion into long, thin strips and place them in a bowl of ice water to make them curly for your garnish!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 682kj |
| Energy | 163kcal |
| Protein | 4g |
| Carbs | 25g |
| of which sugars | 6.1g |
| Fibre | 2.3g |
| Fat | 5.4g |
| of which saturated | 1.1g |
| Sodium | 207mg |

Allergens

Gluten, Allium, Sesame, Wheat, Soy

Eat
Within
4 Days