



U C O O K

— COOKING MADE EASY

Satay Noodle Stir Fry

with edamame beans, fresh lime & toasted cashews

This saucy vegan dish is just buzzing with flavour: lime, chilli, ginger, coriander, soy sauce, and peanut butter. All interwoven with soba noodles and a stir fry of edamame beans, green beans, red cabbage, and carrot.

Hands-On Time: 30 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Runet Van Heerden

 **Vegetarian**

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Ingredients & Prep

60g	Cashew Nuts
120ml	Sweet Sesame-Soy Sauce <i>(80ml Soy Sauce, 20ml Sesame Oil & 20ml Coconut Sugar)</i>
3	Lime <i>zested & cut into wedges</i>
80ml	Sugar-Free Peanut Butter
200g	Soba Noodles
400g	Green Beans <i>rinsed, trimmed & halved</i>
2	Fresh Chilli <i>deseeded & finely sliced</i>
40g	Fresh Ginger <i>peeled & grated</i>
200g	Edamame Beans
400g	Red Cabbage & Julienne Carrot
20g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. CREAM-COLOURED CASHEWS Place a large pan or wok over a medium-high heat. When hot, toast the cashew nuts for 3-5 minutes until golden, shifting occasionally. Remove from the pan or wok on completion and roughly chop when cool enough to handle.

2. MAKE THE SILKY SATAY SAUCE Boil a full kettle. In a bowl, whisk together the sweet sesame-soy sauce, the juice of 6 lime wedges, and the peanut butter. Add in 250ml of boiling water, whisk again to combine, and set aside.

3. BUBBLE THE NOODLES Place a pot for the soba noodles over a high heat. Fill with boiling water, add a pinch of salt, and bring back up to the boil. 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.

4. SATAY STIR FRY Return the pan or wok to a medium-high heat with a drizzle of oil. When hot, sauté the halved green beans for 4-5 minutes until softened but still al dente. Add the sliced chilli (to taste) and the grated ginger, and sauté for 30-60 seconds until fragrant. Stir in the satay sauce and allow to simmer for 2-3 minutes until slightly thickened. Mix in the edamame beans and three-quarters of the cabbage and carrot. Cook for 2-3 minutes until the cabbage is heated through, tossing constantly. Add in the cooked soba noodles and gently toss for a minute until coated. Season to taste and remove from the heat on completion.

5. ALMOST THERE Place the remaining cabbage and carrot in a bowl with three-quarters of the chopped, toasted cashews and three-quarters of the chopped coriander. Toss together with some seasoning and the lime zest to taste.

6. SATAY SOBA ME UP! Dish up some stir-fried satay soba noodles! Top them off with the tangy slaw and garnish with the remaining chopped coriander and cashew nuts. Serve with a lime wedge on the side. Superbly done, Chef!



Chef's Tip

To cook food 'al dente' means that it should still be firm when bitten. It must be tender, but not soft. This typically refers to pasta, but also applies to other grains, as well as a range of veg. In the case of your green beans, they should still have a slight snap to them once cooked.

Nutritional Information

Per 100g

Energy	643kJ
Energy	154Kcal
Protein	6.2g
Carbs	19g
of which sugars	4g
Fibre	3.5g
Fat	6.3g
of which saturated	1.1g
Sodium	401mg

Allergens

Gluten, Sesame, Peanuts, Wheat, Tree Nuts, Soy

Cook
within 3
Days