

QCOOK

Edamame Crunch Salad

with egg noodles & a creamy sesame dressing

Hands-on Time: 8 minutes

Overall Time: 12 minutes

Lunch: Serves 3 & 4

Chef: Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	1232kj	3457kj
Energy	295kcal	827kcal
Protein	5.3g	14.9g
Carbs	27g	76g
of which sugars	4.7g	13.1g
Fibre	1.9g	5.3g
Fat	5.9g	16.5g
of which saturated	1.3g	3.5g
Sodium	152mg	427mg

Allergens: Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 3 [Serves 4]

3 cakes	4 cakes	Egg Noodles
150g	200g	Edamame Beans
225g	300g	Shredded Cabbage & Julienne Carrots
180ml	240ml	Creamy Sesame Dressing <i>(150ml [200ml] Kewpie Mayo, 7,5ml [10ml] Sesame Oil, 15ml [20ml] Sweet Indo Soy Sauce & 7,5ml [10ml] Lime Juice)</i>
60g	80g	Piquanté Peppers <i>drain</i>
60ml	80ml	Crispy Onion Bits

From Your Kitchen

Seasoning (salt & pepper)

Water

1. MAKE IT AL DENTE Boil the kettle. Place the noodles and the edamame beans in a bowl and submerge in boiling water. Cook in the microwave until al dente, 5 minutes. Drain by placing a plate over the bowl, leaving a small gap for the water to drain, and tilting the bowl over a sink.

2. MAKE IT DELICIOUS Toss the cabbage and julienne carrots with the noodles and edamame beans. Loosen the creamy sesame dressing with a splash of water until drizzling consistency and drizzle over the salad. Scatter over the peppers and the crispy onions.