

UCOOK

Chilli-satay Salad

with roasted pumpkin, edamame beans & charred corn

This salad is the perfect autumn plate, Chef! Light, refreshing yet super satays-fying. A spicy peanut butter, soy sauce & lime based sauce is drizzled over a bowl of freshness: radish rounds, plump edamame beans, oven roasted pumpkin, charred corn, and greens. Topped with crunchy egg noodle pieces for extra texture.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Veggie

 Waterford Estate | Waterford MCC

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Ingredients & Prep

250g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
20g	Salad Leaves
3g	Fresh Chives
20g	Egg Noodle Pieces
100g	Corn
50g	Edamame Beans
20g	Radish
60ml	Spicy Satay Dressing <i>(30ml Spicy Peanut Butter, 5ml Low Sodium Soy Sauce, 10ml Sesame Oil & 15ml Lime Juice)</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 220°C. Spread the pumpkin pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 20-25 minutes (shifting halfway).

2. GET THE GREENS Rinse and roughly shred the salad leaves. Rinse and finely chop the chives.

3. TOAST Roughly crush the egg noodle pieces. Place the crushed egg noodles in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. CHARRED CORN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-5 minutes (shifting occasionally). Remove from the pan and set aside.

5. EDAMAME BEANS Boil the kettle. Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

6. ALL TOGETHER Rinse and thinly slice the radish into rounds. Loosen the satay dressing with warm water in 5ml increments until drizzling consistency. In a salad bowl, combine the roasted pumpkin, the charred corn, the edamame beans, the sliced radish, the shredded salad leaves, and a drizzle of olive oil. Toss to combine and season.

7. TIME TO EAT Dish up the loaded salad, top with a drizzle of the dressing, and garnish with the toasted egg noodle pieces and the chopped chives. Well done, Chef!



Chef's Tip

Air fryer method: Coat the pumpkin pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	458kJ
Energy	110kcal
Protein	3.9g
Carbs	18g
of which sugars	3.1g
Fibre	2.9g
Fat	2.8g
of which saturated	0.4g
Sodium	51mg

Allergens

Egg, Gluten, Allium, Sesame, Peanuts, Wheat, Soy

Cook
within 3
Days