

U C O O K

— COOKING MADE EASY

Korean BBQ Lentils

with hoisin sauce, toasted peanuts & rice noodles

Craving that smoky, umami BBQ flavour? Need that high-protein and high-fibre veggie boost? We've got you covered: thick, saucy lentil "ragù" with hoisin sauce, lime, garlic, ginger, and chilli. Also featuring edamame, coriander, and stir-fried carrot and red cabbage.

Hands-On Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Alex Levett



Vegetarian

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Ingredients & Prep

| | |
|------|--|
| 15g | Peanuts |
| 50g | Flat Rice Noodles |
| 40g | Edamame Beans |
| 1 | Onion <i>one half peeled & diced</i> |
| 1 | Garlic Clove <i>peeled & grated</i> |
| 1 | Fresh Chilli <i>deseeded & finely chopped</i> |
| 15g | Fresh Ginger <i>peeled & grated</i> |
| 120g | Lentils <i>drained & rinsed</i> |
| 30ml | Hoisin Sauce |
| 1 | Lime <i>one half zested & cut into wedges</i> |
| 100g | Shredded Red Cabbage and Julienne Carrot |
| 3g | Fresh Coriander <i>rinsed & picked</i> |

From Your Kitchen

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

1. PEANUT POWER Boil the kettle for step 2. Place the peanuts in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

2. SLIPPERY SMOOTH NOODLES Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Give them a stir and cover with a plate. Set aside to soak for 6-8 minutes until cooked through and glassy. In the final 2 minutes, stir in the edamame beans. Drain on completion, return to the bowl, and toss through some oil to prevent sticking. Replace the plate and set aside to keep warm until serving.

3. MAKE THE STICKY BBQ LENTILS Place a pot over a medium heat with a drizzle of oil. When hot, fry the diced onion for 3-4 minutes until soft and translucent, shifting occasionally. Add the chopped chilli to taste, the grated garlic, and the grated ginger. Sauté for another minute until fragrant. Stir through the drained lentils and the hoisin sauce and bring to a simmer. Reduce the heat and cook for 2-3 minutes until coated and sticky, shifting occasionally. On completion, add some lime juice and seasoning to taste. Remove from the heat, cover to keep warm, and set aside until serving.

4. SAUTÉ THE SLAW Return the pan to a medium heat with a drizzle of oil. When hot, fry the cabbage and carrot for 2-3 minutes until slightly wilted but still crunchy, tossing occasionally. Remove from the heat on completion and season to taste.

5. WHAT A BEAUT! Make a bed of edamame noodles, top with the sautéed slaw, and smother in the Korean BBQ lentils. Garnish with the chopped, toasted peanuts, the coriander leaves, and some lime zest. Serve with a lime wedge on the side. Gorgeous, Chef!



Chef's Tip

Draining and rinsing tinned beans, lentils, and chickpeas before use drastically reduces the amount of sodium you're adding to your meal. It also reduces the complex sugar content, which humans can't digest!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 650kJ |
| Energy | 155Kcal |
| Protein | 7.5g |
| Carbs | 26g |
| of which sugars | 4.8g |
| Fibre | 5.8g |
| Fat | 2.7g |
| of which saturated | 0.6g |
| Sodium | 113mg |

Allergens

Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites, Soy

Cook
within 3
Days