



UCOOK

Mushroom Broth & Noodles

with spring onion & fresh chilli

A delicious and easy mushroom broth, packed with spring onion, peas, julienne carrots & egg noodles. It is finished off with chilli, coriander, and a sprinkling of black sesame seeds for a mini crunch in each mouthful. Broth doesn't have to be boring, and this dish proves it!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Sarah Hewitt

Veggie

 KWV - The Mentors | KWV The Mentors Canvas 2019

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Ingredients & Prep

250g	Mixed Exotic Mushrooms <i>wipe clean & roughly chop</i>
1	Fresh Chilli <i>rinse, deseed & finely slice</i>
20ml	Vegetable Stock
30ml	Low Sodium Soy Sauce
15ml	Sesame Oil
80g	Peas
1	Spring Onion <i>rinse & finely slice, keeping the white & green parts separate</i>
2 cakes	Egg Noodles
120g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
5g	Fresh Coriander <i>rinse & pick</i>
10ml	Black Sesame Seeds

From Your Kitchen

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

1. SPICY MUSHIES Boil a full kettle. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the chopped mushrooms until golden, 5-6 minutes (shifting occasionally). In the final minute, add ½ the sliced chilli (to taste). Remove from the pan and season.

2. VEGGIE BROTH Place a pot over medium heat with the stock, 800ml of boiling water, the soy sauce, and the sesame oil. Simmer, until slightly reduced, 8-10 minutes (stirring occasionally). Mix through the peas, the spring onion whites, ½ the fried mushrooms, and the egg noodles. Simmer until the noodles are al dente, 7-8 minutes. In the final 2-3 minutes, add the carrot matchsticks and seasoning.

3. GET BOWLED OVER Bowl up a generous helping of the noodle and mushroom broth. Top with the remaining mushrooms. Sprinkle over the picked coriander, the remaining chilli (to taste), the spring onion greens, and the sesame seeds. Wow, Chef!

Nutritional Information

Per 100g

Energy	521kJ
Energy	125kcal
Protein	4.7g
Carbs	19g
of which sugars	2.6g
Fibre	2.6g
Fat	3.1g
of which saturated	0.6g
Sodium	441mg

Allergens

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

Eat
Within
3 Days