



# UCOOK

## Vegetarian Kimchi Udon Noodles

**with a gochujang sauce, spring onion & toasted nori**

Indulge in the perfect chew, with sweet indo soy sauce-covered udon noodles, complemented with kimchi, crunchy edamame beans, spicy gochujang, & pak choi fried in sesame oil. Garnished with toasted nori strips, sesame seeds & spring onion for that visually impressive touch.

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**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person

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**Chef:** Suné van Zyl

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Quick & Easy

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Muratie Wine Estate | Muratie Laurens  
Campher White Blend

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## Ingredients & Prep

|       |                                                                                                  |
|-------|--------------------------------------------------------------------------------------------------|
| 100g  | Udon Noodles                                                                                     |
| 5ml   | Gochujang                                                                                        |
| 20ml  | Sweet Indo Soy Sauce                                                                             |
| 1     | Nori Sheet                                                                                       |
| 100g  | Pak Choi<br><i>trim, separate leaves, rinse well, roughly shred &amp; roughly chop the stems</i> |
| 50g   | Kimchi<br><i>drain</i>                                                                           |
| 7,5ml | Sesame Oil                                                                                       |
| 100g  | Edamame Beans                                                                                    |
| 5ml   | White Sesame Seeds                                                                               |
| 1     | Spring Onion<br><i>rinse &amp; thinly slice</i>                                                  |

## From Your Kitchen

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

**1. OODLES OF NOODLES** Bring a pot of water to a boil for the noodles. Cook the noodles until separated and pliable, 1-2 minutes. Drain, reserving the noodle water, and toss through a drizzle of olive oil.

**2. NOW FOR THE NORI** In a bowl, combine the gochujang (to taste), the sweet indo soy sauce, and a splash of the noodle water. Using scissors, slice the nori sheet into thin strips. Place a pan over medium-high heat. When hot, toast the nori strips until crispy, 2-3 minutes (shifting occasionally).

**3. ALMOST DONE** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the pak choi whites, the kimchi, and the sesame oil until fragrant, 1-2 minutes (shifting occasionally). Add the cooked noodles, the gochujang sauce, the rinsed pak choi leaves and the edamame beans. Simmer until the pak choi leaves are wilted, 2-3 minutes. Remove from the heat and season.

**4. WHAT A DINNER DELIGHT** Bowl up the kimchi noodles. Sprinkle over the sesame seeds, the nori strips, and garnish with the sliced green onions.



## Chef's Tip

Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 455kj   |
| Energy             | 109kcal |
| Protein            | 4.8g    |
| Carbs              | 17g     |
| of which sugars    | 5.3g    |
| Fibre              | 2.4g    |
| Fat                | 2.9g    |
| of which saturated | 0.3g    |
| Sodium             | 240.1mg |

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Sugar Alcohol (Xylitol), Soy

Eat  
Within  
3 Days