



UCCOOK

Sticky Bacon Egg Noodles

with spring onion & coriander

Short on time and inspiration? There is nothing simpler than our one pan sticky noodle recipe! Next to no prep, some simple steps, and there you have it!

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

 Easy Peasy

 Warwick Wine Estate | Three Cape Ladies

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Ingredients & Prep

2 cakes	Egg Noodles
5ml	White Sesame Seeds
3 strips	Streaky Pork Bacon
60g	Baby Corn <i>sliced in half lengthways</i>
1	Garlic Clove <i>peeled & grated</i>
1	Fresh Chilli <i>deseeded & finely chopped</i>
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
15ml	Low Sodium Soy Sauce
5ml	Chicken Stock
20g	Spinach <i>rinsed</i>
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. DEAL OR NOODLE? Boil a full kettle. Fill a pot for the noodles with boiling water, add a pinch of salt, and place over a medium-high heat. Once boiling rapidly, cook the noodles for 7-8 minutes until al dente. On completion, drain the noodles, reserving ½ a cup of the noodle water, and toss through some oil to prevent sticking.

2. SESAME STREET Place the sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion.

3. BACON ME CRAZY Return the pan to a medium heat with a small drizzle of oil. When hot, fry the bacon for 2 minutes per side until golden and crispy. Remove from the pan and drain on some paper towel. Roughly chop when cool enough to handle.

4. SO CORNY Return the pan to a medium heat with another drizzle of oil, if necessary. When hot, add the baby corn and fry for 3-4 minutes until golden and starting to char slightly. Remove from the pan and season.

5. ALL TOGETHER NOW Return the pan, wiped down if necessary, to a medium heat with a drizzle of oil. When hot, fry the grated garlic, the chopped chilli (to taste), and the spring onion whites for 2-3 minutes until fragrant, shifting constantly. Add the soy sauce, the reserved noodle water, the stock, and the cooked noodles. Toss to combine and leave to simmer for 4-5 minutes until slightly reduced and sticky. Add the crispy bacon pieces and rinsed spinach, and toss until the spinach is wilted.

6. PLATE IT UP! Pile up the sticky loaded noodles and spoon over any remaining sauce. Top with the charred baby corn. Garnish with the toasted sesame seeds, spring onion greens and the chopped coriander. Easy Peasy!

Nutritional Information

Per 100g

Energy	1245kJ
Energy	298Kcal
Protein	12.8g
Carbs	35g
of which sugars	2.1g
Fibre	1.1g
Fat	12.1g
of which saturated	4.1g
Sodium	827.6mg

Allergens

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

Cook
within
4 Days