



QCOOK

Sautéed Mushroom & Tofu Noodles

with pickled veg & chilli oil

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Veggie: Serves 1 & 2

Chef: Ethan Shahim

Wine Pairing: Zevenwacht | Estate Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	502kj	2025kj
Energy	120kcal	484kcal
Protein	5.3g	21.4g
Carbs	17g	68g
of which sugars	4g	16g
Fibre	1.5g	5.9g
Fat	4.6g	18.6g
of which saturated	0.7g	3g
Sodium	598mg	2413mg

Allergens: Sulphites, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: Hot

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50g	100g	Rice Vermicelli Noodles
40ml	80ml	Pickling Liquid <i>(30ml [60ml] Rice Wine Vinegar & 10ml [20ml] Maple-flavoured Syrup)</i>
30g	60g	Daikon Rounds <i>cut into thin matchsticks</i>
65g	125g	Button Mushrooms <i>wipe clean & roughly slice</i>
15ml	30ml	Black Bean Chilli Sauce
1	1	Garlic Clove <i>peel & grate</i>
30ml	60ml	Low Sodium Soy Sauce
1	1	Vegetable Stock Sachet
110g	220g	Non-GMO Tofu <i>drain, pat dry & cut into bite-sized pieces</i>
10ml	20ml	Banhoek Chilli Oil
3g	5g	Fresh Chives <i>rinse & finely chop</i>
20g	40g	Pickled Onions <i>drain & thinly slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. OODLES OF NOODLES Boil a full kettle. Place the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 6-8 minutes. Drain and rinse in cold water.

2. QUICK PICKLE In a bowl, combine the pickling liquid, a splash of water, and seasoning. Set 1 tbsp aside for the soup. Toss through the daikon, then set aside to pickle.

3. BEAUTIFUL BROTH Place a pan over medium heat with a drizzle of oil. When hot, fry the mushrooms until deep brown and caramelised, 6-8 minutes (shifting occasionally). Add the black bean chilli sauce and the garlic. Fry until fragrant, 1-2 minutes. Add the soy sauce, ½ [all] the stock, tofu, and 200ml [400ml] of water. Gently simmer, until slightly reduced, 5-6 minutes (stirring occasionally). Mix in the noodles, remove from the heat, add some of the pickling liquid (to taste) and season if necessary.

4. WHAT A MEAL Bowl up a generous helping of the noodle and mushroom broth. Drizzle over the chilli oil (to taste) and garnish with chives. Serve the pickled daikon and onion on the side and dig in, Chef!