



# 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:** 20 minutes

**Overall Time:** 25 minutes

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**Serves:** 4 People

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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

400g	Udon Noodles
20ml	Gochujang
80ml	Sweet Indo Soy Sauce
2	Nori Sheets
400g	Pak Choi <i>trim, separate leaves, rinse well, roughly shred &amp; roughly chop the stems</i>
200g	Kimchi <i>drain</i>
30ml	Sesame Oil
400g	Edamame Beans
20ml	White Sesame Seeds
2	Spring Onions <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 sheets into thin strips. Place a pan over medium-high heat. When hot, toast the nori strips until crispy, 3-4 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, 2-3 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, 3-4 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