



Eat Within 4 Days

UCCOOK

Coconut & Peanut Ramen

with pak choi & chilli flakes

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Veggie: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Paul Cluver | Village Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	561kJ	4188kJ
Energy	134kcal	1002kcal
Protein	4.9g	36.4g
Carbs	12g	86g
of which sugars	1.9g	14.2g
Fibre	1.1g	8g
Fat	7.4g	55.5g
of which saturated	4.7g	34.8g
Sodium	390mg	2911mg

Allergens: Egg, Gluten, Allium, Peanuts, Wheat, Sulphites, Fish, Soy, Shellfish

Spice Level: HOT

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1 cake	2 cakes	Egg Noodles
110g	220g	Non-GMO Tofu <i>drain & cut into bite-sized cubes</i>
20g	40g	Peanuts <i>finely chop</i>
1	1	Onion <i>peel & roughly slice</i>
150g	300g	Pak Choi <i>trim at the base, & rinse</i>
1	1	Garlic Clove <i>peel & grate</i>
10g	20g	Fresh Ginger <i>peel & grate</i>
1	1	Fresh Chilli <i>thinly slice</i>
5ml	10ml	Dashi Granules
200ml	400ml	Coconut Cream
30ml	60ml	Ramen Base <i>(20ml [40ml] Low Sodium Soy Sauce & 10ml [20ml] Rice Wine Vinegar)</i>

From Your Kitchen

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

1. OODLES OF NOODLES Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water.

2. TASTY TOFU Place a pan over medium-high heat with a drizzle of oil. When hot, fry the tofu until golden and crispy, 2-3 minutes per side. Remove from the pan and set aside. Return the pan to medium heat. Toast the peanuts until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. PAK CHOI Roughly slice the stems of the pak choi and cut the leaves in half lengthways.

4. DELISH DASHI DISH Return the pan to a medium heat with a drizzle of oil. When hot, fry the onions and the pak choi stems until charred and softening, 5-6 minutes (shifting occasionally). Add the garlic, the ginger and some of the sliced chilli (to taste). Fry until fragrant, 30-60 seconds (shifting constantly). Add the dashi granules, the coconut cream, the ramen base and 100ml [200ml] of water. Simmer until slightly reduced, 3-4 minutes (stirring occasionally). Add the egg noodles, pak choi leaves, and the crispy tofu. Mix until the pak choi leaves are wilted, 1-2 minutes. Season.

5. BOWL 'EM OVER Bowl up the saucy noodles and veg. Top with the toasted peanuts and some of the remaining chilli (to taste) and there you have it, Chef!