



UCOOK

Pesto & Biltong Vermicelli Noodle Bowl

with blistered tomato, Danish-style feta & pumpkin seeds

A bed of green leaves is topped with salty beef biltong, tender vermicelli rice noodles, blistered tomato, pops of peas, creamy Danish-style feta & crunchy pumpkin seeds. All tossed together in a basil pesto dressing.


Hands-on Time: 25 minutes

Overall Time: 25 minutes

Serves: 4 People

Chef: Megan Bure

Quick & Easy

 Neil Ellis Wines | Neil Ellis Wild Flower Rosé 2023

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Ingredients & Prep

200g	Rice Vermicelli Noodles
4	Tomatoes <i>rinse & cut into chunks</i>
80g	Green Leaves <i>rinse & roughly shred</i>
10g	Fresh Basil <i>rinse & roughly tear</i>
120g	Pitted Green Olives <i>drain & halve</i>
120g	Danish-style Feta <i>drain</i>
125ml	Pesto Princess Basil Pesto
200g	Peas
200g	Free-range Beef Biltong <i>roughly chop</i>
20g	Pumpkin Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

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

2. PREP STEP Prep the tomato, the green leaves, the basil, the olives, and the feta as specified in the ingredient table. In a small bowl, loosen the pesto with olive oil in 5ml increments until drizzling consistency. Set aside.

3. ADD SOME COLOUR Place a pan over medium heat with a drizzle of oil. When hot, char the tomato pieces until blistered, 5-6 minutes. In the final minute, toss with a sweetener (to taste), the cooked noodles, the shredded leaves, the peas, ½ the loosened pesto, and seasoning. Remove from the heat and set aside.

4. AND YOU'RE DONE! Plate up the delicious charred tomato and noodles. Top with the halved olives, the chopped biltong, and the pumpkin seeds. Crumble the drained feta over the salad and garnish with the torn basil. Enjoy, Chef!



Chef's Tip

Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	925kJ
Energy	221kcal
Protein	14g
Carbs	16g
of which sugars	1.7g
Fibre	2.1g
Fat	11.2g
of which saturated	3.4g
Sodium	579mg

Allergens

Egg, Allium, Sulphites, Cow's Milk

Eat
Within
4 Days