



U**COOK**

Ginger Noodles & Caramelised Mushrooms

with chilli flakes & fresh coriander

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Veggie: Serves 3 & 4

Chef: Hellen Mwanza

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 488kj | 1929kj |
| Energy | 117kcal | 461kcal |
| Protein | 3.7g | 14.8g |
| Carbs | 18g | 72g |
| of which sugars | 2.6g | 10.4g |
| Fibre | 2g | 7.9g |
| Fat | 3.5g | 13.8g |
| of which saturated | 0.8g | 3.2g |
| Sodium | 167mg | 660mg |

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

Spice Level: Moderate

Eat Within 3 Days

Ingredients & Prep Actions:

| | | |
|----------|------------|--|
| Serves 3 | [Serves 4] | |
| 150g | 200g | Flat Rice Noodles |
| 375g | 500g | Mixed Exotic Mushrooms <i>wipe clean & slice into bite-sized pieces</i> |
| 2 | 2 | Onions <i>peel & roughly slice 1½ [2]</i> |
| 45ml | 60ml | Balsamic Vinegar |
| 60ml | 80ml | Sesame Soy <i>(15ml [20ml] Tomato Sauce & 45ml [60ml] Low Sodium Soy Sauce)</i> |
| 30ml | 40ml | Tahini |
| 30g | 40g | Fresh Ginger <i>peel & grate</i> |
| 3 | 4 | Garlic Cloves <i>peel & grate</i> |
| 15ml | 20ml | Dried Chilli Flakes |
| 8g | 10g | Fresh Coriander <i>rinse, pick & roughly chop</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (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, 10-12 minutes. Drain, reserving a cup of noodle water, and rinse in cold water to stop the cooking process.

2. CARAMELISATION STATION Place a pan over medium heat with a drizzle of oil. When hot, fry the mushrooms and the onions until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

3. MAKE THE SAUCE In a small bowl, combine the balsamic vinegar, the sesame soy, the tahini, 30ml [40ml] of sweetener, and 150ml [200ml] of warm water, and set aside. Return the pan to medium heat with a drizzle of oil. When hot, fry the ginger, the garlic, and the chilli flakes (to taste) until fragrant, 1-2 minutes. Add the tahini mixture and simmer until warmed through, 3-4 minutes.

4. ALL TOGETHER To the pan with the sauce, add the noodles and the caramelised onions and mushrooms, and mix until warmed through. Add a splash of the reserved noodle water if it's too thick, and season.

5. TIME TO EAT Make a bed of the loaded noodles. Garnish with the coriander. Well done, Chef!