



# UCOOK

## Hoisin BBQ Lentils

**with rice noodles, edamame beans and  
toasted peanuts**

Craving that smoky, umami BBQ flavour? Need that high-protein and high-fibre veggie boost? We've got you covered: thick, saucy lentil "ragù" with hoisin sauce, lime, garlic, ginger, and chilli. Also featuring edamame, coriander, and stir-fried carrot and cabbage.

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**Hands-On Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Alex Levett

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 Vegetarian

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 Cavalli Estate | Black Beauty

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## Ingredients & Prep

15g	Peanuts
50g	Flat Rice Noodles
80g	Edamame Beans <i>shells removed</i>
1	Onion <i>½ peeled &amp; roughly diced</i>
1	Fresh Chilli <i>deseeded &amp; finely chopped</i>
1	Garlic Clove <i>peeled &amp; grated</i>
15g	Fresh Ginger <i>peeled &amp; grated</i>
120g	Lentils <i>drained &amp; rinsed</i>
45ml	Hoisin Sauce
1	Lime <i>zested &amp; cut into wedges</i>
100g	Shredded Cabbage & Julienne Carrot
3g	Fresh Coriander <i>rinsed &amp; picked</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. PEANUT POWER** Boil the kettle for step 2. Place the peanuts in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

**2. SLIPPERY SMOOTH NOODLES** Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Give them a stir and cover with a plate. Set aside to soak for 8-10 minutes until cooked through and glassy. Drain on completion, reserve some pasta water, return to the bowl, and toss through some oil to prevent sticking. Cover with a plate and set aside to keep warm until serving. Place the shelled edamame beans in a bowl, submerge with some boiling water and plump up for 2-3 minutes. Drain on completion and set aside until serving.

**3. MAKE THE STICKY BBQ LENTILS** Place a pot over a medium heat with a drizzle of oil. When hot, fry the diced onion for 3-4 minutes until soft and translucent, shifting occasionally. Add the chopped chilli to taste, the grated garlic, and the grated ginger. Sauté for another minute until fragrant. Stir through the drained lentils, hoisin sauce, 30ml of pasta water, and bring to a simmer. Reduce the heat and cook for 2-3 minutes until coated and sticky, shifting occasionally. On completion, add some lime juice and seasoning to taste. Remove from the heat, cover to keep warm, and set aside until serving.

**4. SAUTÉ THE SLAW** Return the pan to a medium heat with a drizzle of oil. When hot, fry the cabbage and carrot for 2-3 minutes until slightly wilted but still crunchy, tossing occasionally. Remove from the heat on completion and season to taste.

**5. WHAT A BEAUT!** Make a bed of noodles, top with the sautéed slaw, and smother in the Korean BBQ lentils. Garnish with the chopped, toasted peanuts, the coriander leaves, drained edamame beans and some lime zest. Serve with a lime wedge on the side. Gorgeous, Chef!

## Nutritional Information

Per 100g

Energy	639kJ
Energy	153Kcal
Protein	7.4g
Carbs	25g
of which sugars	5.3g
Fibre	5.5g
Fat	2.8g
of which saturated	0.5g
Sodium	133mg

## Allergens

Gluten, Allium, Sesame, Peanuts,  
Wheat, Sulphites, Soy

Cook  
within 3  
Days