



UCOOK

Creamy Thai Satay Noodles

with roast butternut, pak choi & cashew nut butter

This silky satay sauce has a cashew butter and coconut cream base with notes of lime, garlic, ginger, and chilli. Overflowing with pak choi, roast butternut, and rice noodles, it's light, fresh, and flavourful – perfect for between seasons!

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Alex Levett

 **Vegetarian**

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Ingredients & Prep

250g	Butternut <i>peeled (optional), deseeded & cut into bite-size pieces</i>
100g	Pak Choi <i>trimmed</i>
5ml	Vegetable Stock
15g	Fresh Ginger <i>peeled & grated</i>
1	Garlic Clove <i>peeled & grated</i>
1	Fresh Chilli <i>deseeded & thinly sliced</i>
30ml	Cashew Nut Butter
100ml	Coconut Cream
50g	Flat Rice Noodles
1	Lime <i>one half zested & cut into wedges</i>
4g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. ROAST THE BUTTERNUT Preheat the oven to 200°C. Place the butternut pieces on a roasting tray. Coat in oil, season, and spread out evenly. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. PAK CHOI PREP Boil the kettle. Separate the leaves of the trimmed pak choi and rinse well. Finely slice the stems and set aside. Slice the green, leafy parts in half lengthways, keeping them separate from the stems. Dilute the stock with 125ml of boiling water and set aside.

3. START THE SATAY When the butternut reaches the halfway mark, place a pot over a medium heat with a drizzle of oil. When hot, fry the pak choi stems for 2-3 minutes until slightly softened. Add the grated ginger, the grated garlic, and the sliced chilli (to taste). Sauté for another minute until fragrant. Whisk in the cashew butter and 1 tbsp of a sweetener of choice until the pak choi is coated, then vigorously whisk in the coconut cream and diluted stock. Allow to simmer for 4-5 minutes until thickened and silky, stirring occasionally.

4. WHILE THE SATAY SIMMERS... Reboil the kettle. Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Give them a stir, cover with a plate, and set aside to soak for 6-8 minutes until cooked through and glassy. Drain on completion, return to the bowl, and toss through some oil to prevent sticking. Replace the plate and set aside to keep warm.

5. SILKY SATAY CURRY Once the satay has thickened, whisk in some lime zest and the juice of 1 lime wedge. Stir through the pak choi leaves for 1-2 minutes until wilted. Add in the roast butternut and three-quarters of the chopped coriander. Stir until coated, season to taste, and remove from the heat.

6. BOWL IT UP! Make a bed of glossy rice noodles and spoon over the cashew satay butternut. Garnish with the remaining chopped coriander and any remaining chilli to taste. Serve with a lime wedge on the side. Yum!



Chef's Tip

If not handled correctly, nut butters can sometimes split when cooked. If yours does begin to split, a simple rescue tip is adding a little hot water and whisking vigorously to bring it back together!

Nutritional Information

Per 100g

Energy	569kj
Energy	136Kcal
Protein	3g
Carbs	16g
of which sugars	2g
Fibre	1.8g
Fat	6.6g
of which saturated	3.7g
Sodium	192mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within
4 Days