



UCCOOK

Kimchi Noodles

with corn & edamame beans

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Veggie: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Delheim Wines | Delheim Gewürztraminer

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 322kJ | 1956kJ |
| Energy | 77kcal | 468kcal |
| Protein | 2.9g | 17.6g |
| Carbs | 16g | 95g |
| of which sugars | 3.8g | 23.1g |
| Fibre | 2.4g | 14.3g |
| Fat | 0.4g | 2.6g |
| of which saturated | 0g | 0.2g |
| Sodium | 178mg | 1079mg |

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

| | | |
|-----------------|----------------------------|---|
| Serves 3 | [Serves 4] | |
| 150g | 200g | Soba Noodles |
| 2 | 2 | Onions <i>peel & roughly slice</i> |
| 720g | 960g | Carrot <i>rinse, trim, peel & cut into matchsticks</i> |
| 150g | 200g | Corn |
| 120g | 160g | Edamame Beans |
| 150g | 200g | Kimchi |
| 75ml | 100ml | Lemon-Soy Sauce <i>(30ml [40ml] Lemon Juice, 30ml [40ml] Low Sodium Soy Sauce & 15ml [20ml] Mirin)</i> |
| 8g | 10g | Fresh Coriander <i>rinse, pick & roughly chop</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Seasoning (salt & pepper)

- 1. SOBA SENSATION** Bring a pot of salted water to boil for the noodles. Cook the noodles until al dente, 3-4 minutes. Drain and rinse in cold water.
- 2. LEMONY LOADED NOODLES** Place a pan over medium heat with a drizzle of oil. When hot, fry the onion and the carrot until golden, 6-7 minutes (shifting occasionally). Add the corn, and the edamame beans. Fry until heated through but still crunchy, 3-4 minutes (shifting occasionally). In the final minute, toss through the soba noodles, the kimchi, the lemon-soy sauce, and a splash of water. Remove from the heat, add a sweetener, and season.
- 3. VEGAN GASTRONOMY** Plate up the steaming kimchi noodles and garnish with the coriander. Easy, Chef!