



UCOOK

Vegan Satay Soba Noodles

with a zesty dressing & pickled ginger

In the mood for something different, Chef? You've got it! These al dente soba noodles become something special with our UCOOK satay dressing: layers of zesty lime, rich peanut butter & salty soy bring the ultimate in umami to the dish. Loaded with charred carrots, cucumber matchsticks & plump edamame beans, and finished with pickled ginger.


Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

 Veggie

 Groote Post Winery | Groote Post Riesling 2022

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Ingredients & Prep

100g	Soba Noodles
40ml	Satay Dressing <i>(20ml Peanut Butter, 5ml Low Sodium Soy Sauce, 5ml Sesame Oil & 10ml Lemon Juice)</i>
120g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
40g	Edamame Beans
50g	Cucumber <i>rinse & cut into thin matchsticks</i>
10g	Pickled Ginger <i>drain & roughly chop</i>

From Your Kitchen

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

1. IT STARTS WITH SOBA Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 3-4 minutes. Drain and rinse with cold water.

2. DID YOU SAY 'SATAY'? In a small bowl, combine the satay dressing with a sweetener and seasoning. Loosen with water 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, fry the carrot matchsticks until charred, 3-4 minutes (shifting occasionally). In the final 1-2 minutes, toss through the edamame beans until heated through. Remove from the heat and toss through the diced cucumber, ½ the satay dressing, and the cooked noodles. Season, cover, and set aside.

4. OODLES OF NOODLES Serve up the flavour-packed noodles. Drizzle over the remaining satay dressing. Garnish with the chopped pickled ginger and dig in!

Nutritional Information

Per 100g

Energy	711kJ
Energy	170kcal
Protein	6.9g
Carbs	27g
of which sugars	2.4g
Fibre	2.8g
Fat	4.8g
of which saturated	0.8g
Sodium	330mg

Allergens

Gluten, Sesame, Peanuts, Wheat, Sulphites, Soy

Cook
within
4 Days