



UCOOK

Ginger Noodles & Caramelised Mushrooms

with chilli flakes & fresh coriander

A harmonious blend of earthy mushrooms and zesty ginger, sprinkled with fiery chilli flakes and garnished with vibrant fresh coriander. This dish is a symphony of savoury and spicy notes that will leave your taste buds dancing with delight.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Hellen Mwanza

Veggie

KWV - The Mentors | KWV The Mentors Petit Verdot

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Ingredients & Prep

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

From Your Kitchen

Oil (cooking, olive or coconut)
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 sliced mushrooms and the sliced onions until caramelised, 12-15 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 of sweetener, and 150ml of warm water, and set aside. Return the pan to medium heat with a drizzle of oil. When hot, fry the grated ginger, the grated 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 cooked 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. Top with the chopped coriander. Well done, Chef!

Nutritional Information

Per 100g

Energy	488kj
Energy	117kcal
Protein	3.7g
Carbs	18g
of which sugars	2.6g
Fibre	2g
Fat	3.5g
of which saturated	0.8g
Sodium	167mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Eat
Within
3 Days