



# UCCOOK

## Peanut Slaw & Soba Noodles

with fresh chilli & mushrooms

Soba noodles are tossed with the ultimate peanut slaw containing cabbage, peanut butter, mushrooms, garlic, ginger and julienne carrots. Finished off with a squeeze of lime juice, spring onions, fresh chilli and chopped peanuts. Vegetarian dinners really don't get much better than this!

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**Hands-on Time:** 15 minutes

**Overall Time:** 25 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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 Veggie

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 Leopard's Leap | Chardonnay Pinot Noir

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## Ingredients & Prep

|      |  |
|------|--|
| 50g  | Soba Noodles   |
| 15g  | Peanuts  |
| 40ml | Peanut Butter  |
| 30ml | Sesame-soy<br><i>(10ml Sesame Oil &amp; 20ml Low Sodium Soy Sauce)</i>             |
| 1    | Lime<br><i>½ cut into wedges</i>   |
| 125g | Button Mushrooms<br><i>cut into quarters</i>                                       |
| 1    | Spring Onion<br><i>finely sliced, keeping the white &amp; green parts separate</i> |
| 10g  | Fresh Ginger<br><i>peeled &amp; grated</i>   |
| 1    | Garlic Clove<br><i>peeled &amp; grated</i>   |
| 75g  | Julienne Carrot  |
| 100g | Cabbage<br><i>finely shredded</i>  |
| 1    | Fresh Chilli<br><i>deseeded &amp; finely sliced</i>                                |

## From Your Kitchen

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

**1. SOBA NOODLES** Boil a full kettle. Fill a pot with boiling water, add a pinch of salt and place over a high heat. Once bubbling rapidly, cook the noodles for 6-8 minutes until tender. Drain on completion and run under cold water to stop the cooking process. Toss through some oil to prevent sticking and set aside.

**2. PEANUT SAUCE** Place a pan, large enough for the noodles, over a medium heat and add the peanuts. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan, roughly chop and set aside. In a small bowl, combine the peanut butter, the sesame-soy, a squeeze of lime juice (to taste) and 50ml of boiling water.

**3. GOLDEN MUSHIES** Return the pan to a medium-high heat with a drizzle of oil. When hot, add the quartered mushrooms and fry for 4-5 minutes until soft and golden, shifting as they colour. Remove from the pan on completion and season.

**4. JUST BEFORE SERVING...** Return the pan, wiped down if necessary, to a medium heat with a drizzle of oil. When hot, add the spring onion whites and the grated ginger and garlic. Fry for 1-2 minutes until fragrant, shifting constantly. Add the cooked mushrooms, the cooked noodles, the peanut butter sauce, the julienne carrots, and the shredded cabbage. Mix until fully combined. Cook for 1-2 minutes until slightly wilted, shifting occasionally. Season to taste.

**5. IN THE MOOD FOR NOODS!** Bowl up the loaded peanut slaw noodles. Sprinkle over the spring onion greens, the toasted peanuts and the sliced chilli (to taste). Finish off with a squeeze of lime juice and serve with any remaining lime wedges. Look at you, Chef!



## Chef's Tip

Avoid overcrowding the pan when frying the mushrooms and cook them in batches if necessary. Mushrooms release water, so if there are too many in the pan, they could end up boiled!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 646kJ   |
| Energy             | 154kcal |
| Protein            | 6.2g    |
| Carbs              | 15g     |
| of which sugars    | 2.6g    |
| Fibre              | 3g      |
| Fat                | 7.7g    |
| of which saturated | 1.3g    |
| Sodium             | 292mg   |

## Allergens

Gluten, Allium, Sesame, Peanuts, Wheat, Soy

Cook  
within 1  
Day