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Hoisin Romanesco with Rice Noodles and Coriander Pesto

Hoisin sauce is a sweet and savoury sauce used in Cantonese style cooking. Sauces and condiments in Cantonese cooking aim to bring out and highlight the original flavour of the vegetable. In this case, the romanesco!



25 mins



vegan



lactose free



veggie



Romanesco (½)



Red Onion (1)



Red Pepper (1)



Ginger (1½ tbsp)



Garlic Clove (1)



Coriander (2 bunches)



Salted Peanuts (25g)



Soy Sauce (1½ tbsp)



Lime (1)



Rice Noodles (½ pack)



Hoisin Sauce (5 tbsp)

2 PEOPLE INGREDIENTS

- Romanesco, florets
- Red Onion, sliced
- Red Pepper, sliced
- Ginger, grated
- Garlic Clove, grated
- Coriander, chopped

½
1
1
1½ tbsp
1
2 bunches

- Salted Peanuts
- Soy Sauce
- Lime
- Rice Noodles
- Hoisin Sauce

25g
1½ tbsp
1
½ pack
5 tbsp



Our fruit and veggies may need a little wash before cooking!

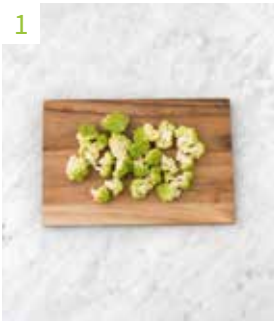
Soy Sauce Ingredients: Water, Soybeans, Wheat, Salt.

Hoisin Sauce Ingredients: Sugar and Cane Molasses (39%), Water, Yellow Bean Sauce (17%) [Fermented Salted Soybean (Soybean, Wheat Flour, Salt, Water) Soy Sauce (Water, Soybean, Salt, Wheat Flour), Sugar, Water, Colour: Caramel], Soy Sauce (8%) (Water, Salt, Colour: Caramel, Sugar, Soybean, Wheat Flour), Red Wine Vinegar, Black Treacle, Thickener: Modified Maize Starch, Rapeseed Oil, Red Chilli Purée (Red Chilli, White Wine Vinegar, Sunflower Oil, Sea Salt, Stabiliser: Guar Gum), Garlic Powder, Spices.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	739 kcal / 3108 kJ	11 g	2 g	140 g	25 g	21 g	4 g
Per 100g	132 kcal / 556 kJ	2 g	0 g	25 g	5 g	4 g	1 g

1



1 Put a pot of water on to boil over high heat. Cut the **romanesco** in half lengthways. Break or chop off the little florets of **romanesco** (as you would with a cauliflower or broccoli) and keep to one side.

2



2 When the water is boiling, add a generous pinch of **salt** and cook your **romanesco** for 5 mins, then drain and leave to cool in a colander. Pop your kettle on to boil, we will use the water to cook the noodles later.

3



3 Cut the **red onion** in half through the root, peel and then slice each half into thin half moon slices. Remove the core from the **red pepper** and then cut into slices roughly ½cm wide. Keep to one side.

4



4 Peel and grate the **ginger** and **garlic**. Finely chop the **coriander**, stalks and all! Smash the **peanuts** in their sachet with the bottom of a pan. Mix your smashed **peanuts** with half your grated **ginger**, the **soy sauce**, a splash of **oil** and your chopped **coriander**. Juice the **lime** and add to taste. Your **coriander pesto** is made!

5 Pop the **rice noodles** in a heatproof bowl and when the kettle has boiled, submerge the **noodles** in the boiling water and cover your bowl with a lid or clingfilm. The **noodles** need to soak for 7-8 mins. **Tip:** *Taste a noodle after 8 mins to check it is tender.* Just enough time to stir-fry your veggies!

6 Put a frying pan on high heat with a splash of **oil**. Add your **red onion** and **pepper**. Cook for 5 mins, stirring frequently and then add your cooked **romanesco** and cook for 2 mins more. Add your **garlic** and leftover **ginger** and cook for another 30 seconds. Take the pan off the heat and stir in the **hoisin sauce**. Make sure all of your **veggies** are coated.

7 Check your **noodles** are cooked and then drain into a colander. **Tip:** *Leave the noodles in the boiling water for another minute or so if they're not quite ready.* Return your **noodles** to the bowl and pour in your **pesto**. Mix well to make sure your noodles are well coated. Divide your **noodles** between your plates. Top with your **hoisin veggies** and finish with a drizzle of any **pesto** left in the bowl.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!