

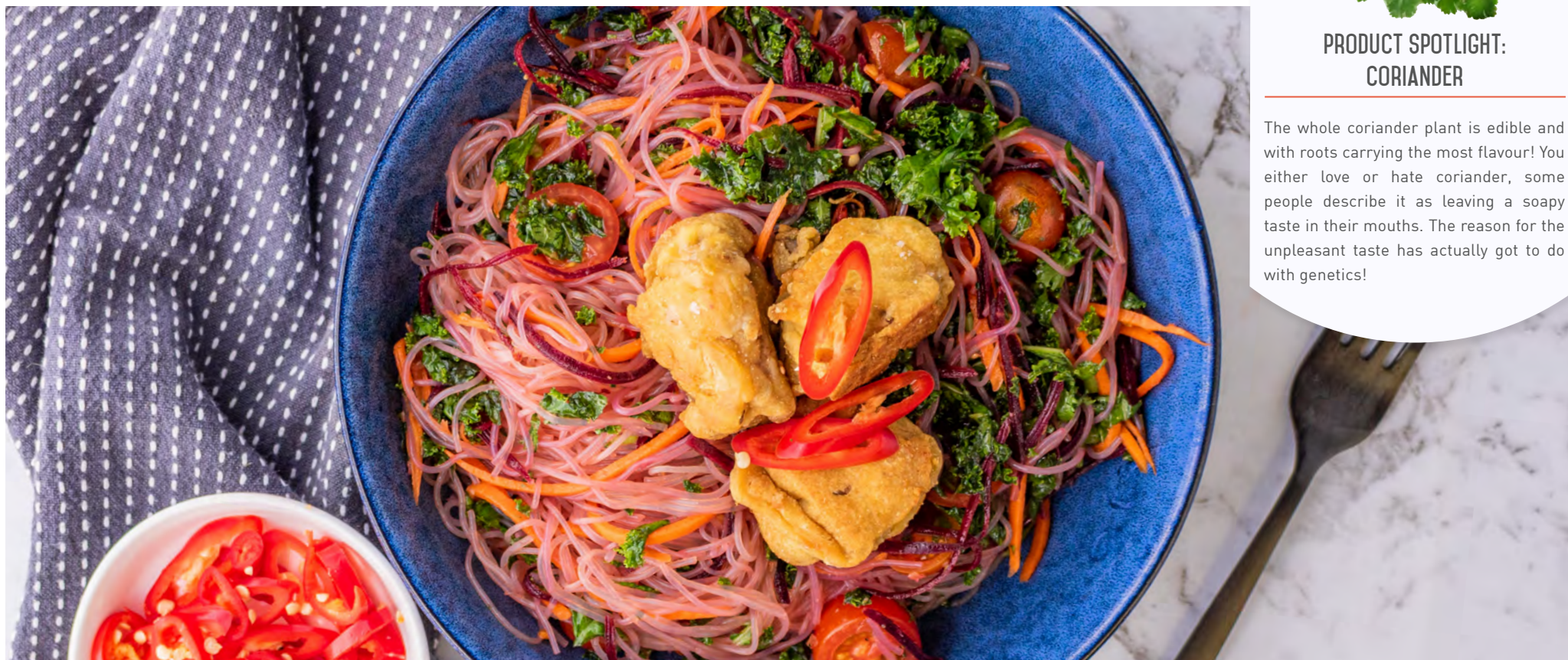


DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: CORIANDER

The whole coriander plant is edible and with roots carrying the most flavour! You either love or hate coriander, some people describe it as leaving a soapy taste in their mouths. The reason for the unpleasant taste has actually got to do with genetics!



## 2. CRISPY MUSHROOMS

WITH RAINBOW NOODLE SALAD

 35 Minutes

 4 Servings

 Plant-based

Crispy chickpea battered mushrooms on a rainbow noodle salad of kale, carrot and beetroot with a sweet chilli dressing.

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
25g	6g	116g

1 June 2020

## FROM YOUR BOX

BEAN THREAD NOODLES	1 packet (250g)
KALE	1/2 bunch *
CARROT	1
CHERRY TOMATOES	1 bag (200g)
CORIANDER	1/2 packet *
SHREDDED BEETROOT	1/2 bag *
CHICKPEA FLOUR MIX	1 packet
BUTTON MUSHROOMS	300g
RED CHILLI	1

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking), salt, white (or rice) wine vinegar, sweet chilli sauce (or chilli sauce), soy sauce (or tamari)

## KEY UTENSILS

saucepan, frypan

## NOTES

Spice up the batter and add ground cumin or coriander to the mix.

You can use sesame oil in the dressing for added flavour.



### 1. COOK THE NOODLES

Bring a saucepan of water to boil. Add noodles to boiling water and simmer for 2 minutes, or until cooked al dente. Drain and rinse in cold water.



### 2. PREPARE THE DRESSING

Combine **3 tbsp sweet chilli (or 2 tbsp chilli sauce)** with **2 tbsp vinegar**, **2 tbsp soy sauce** and **2 tbsp oil** (see notes). Set aside.



### 3. PREPARE THE SALAD

Thinly slice kale leaves. Pour over 1 tbsp of dressing and use hands to scrunch the leaves until tender. Julienne or grate carrot, halve tomatoes and chop coriander. Set aside with shredded beetroot.



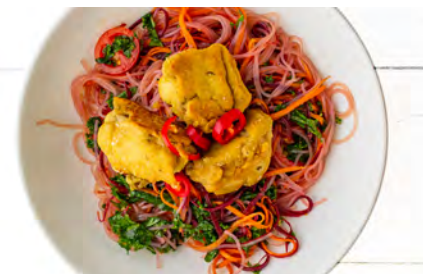
### 4. PREPARE THE BATTER

Combine chickpea flour mix with a pinch of **salt** and **1 cup water**. Halve mushrooms and add to batter to coat.



### 5. COOK THE MUSHROOMS

Heat frypan over medium-high heat. Cover base with **oil**. One at a time, place mushrooms into pan (cook in batches). Cook for 1-2 minutes each side until golden and cooked through. Set aside on paper towel to drain. Repeat with remaining.



### 6. FINISH AND PLATE

Toss cooked noodles with salad and dressing. Serve with crispy mushrooms on top and garnish with sliced chilli.