



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

 2 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
26g	6g	110g

1 June 2020

FROM YOUR BOX

BEAN THREAD NOODLES	1 packet (100g)
KALE	1/2 bunch *
CARROT	1
CHERRY TOMATOES	1/2 bag (100g) *
CORIANDER	1/2 packet *
SHREDDED BEETROOT	1/2 bag *
CHICKPEA FLOUR MIX	1 packet
BUTTON MUSHROOMS	150g
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 **1 1/2 tbsp sweet chilli (or 1/2 tbsp chilli sauce)** with **1 tbsp vinegar**, **1 tbsp soy sauce** and **1 tbsp oil** (see notes). Set aside.



3. PREPARE THE SALAD

Thinly slice kale leaves. Pour over 1/2 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 **1/2 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.