



Product Spotlight: Garlic



Garlic doesn't just add great flavour to most dishes – it is very beneficial to regulate both blood pressure and blood sugar levels!



1 Five Spice Noodles with Dumplings

Delicious golden pork gyozas served on five-spice stir fried noodles with corn, broccoli and capsicum.

*note: baby corn has been replaced with corn cob due to supplier shortages.

 20 minutes  4 servings  Pork

FROM YOUR BOX

PORK DUMPLINGS	2 packets
EGG NOODLES	1 packet (200g)
SPRING ONIONS	1/2 bunch *
RED CAPSICUM	1
CORN COB	1
PAK CHOY	1 bunch
GARLIC CLOVES	2
TERIYAKI SAUCE	60ml *
SESAME SEED MIX	1 packet (30g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking (sesame or other), Chinese five spice, pepper

KEY UTENSILS

large frypan with lid, saucepan

NOTES

Don't turn the dumplings as they can be fragile. If you like them golden on both sides, turn and cook for further 1-2 minutes to crisp up.

If you don't have a non-stick frypan you can place a sheet of baking paper in the bottom to prevent sticking!

No pork option – pork dumplings are replaced with mushroom dumplings.

No gluten option – egg noodles are replaced with rice noodles.

No gluten option – Teriyaki sauce is replaced with GF Teriyaki sauce. Use to taste.



1. COOK THE DUMPLINGS

Heat a large frypan with **1-2 tbsp oil** and **1/2 cup water** over medium-high heat. Add dumplings, cover and cook for 8-9 minutes (see notes).

Remove to a plate and keep frypan over medium-high heat for step 4.



2. COOK THE NOODLES

Bring a saucepan of water to the boil. Add noodles and cook according to packet instructions or until cooked al dente. Drain and rinse briefly under cold water.



3. PREPARE THE VEGETABLES

In the meantime, slice spring onions and capsicum, cut corn kernels off cob. Trim and roughly chop pak choy.

**note: baby corn has been replaced with corn cob due to supplier shortages.*



4. STIR-FRY THE VEGETABLES

Add prepared vegetables to heated frypan (from dumplings). Stir-fry for 2-3 minutes or until tender and cooked to your liking. Crush in garlic and season with **2 tsp five spice**.



5. TOSS IN THE NOODLES

Toss noodles into pan with 3 tbsp teriyaki sauce. Cook for 2-3 minutes. Season with **pepper** to taste.



6. FINISH AND SERVE

Place dumplings on top of noodles and scatter over the sesame seed & fried shallot mix. Serve at the table.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

