



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Enoki Mushrooms

Enoki mushrooms are mild in flavour and are a good source of many beneficial vitamins. Enjoy them in stir-fries, soups and stews, or raw as a garnish!



## H2 Red Queen Stir-Fry with Crispy Fried Eggs

A veggie-packed stir-fry tossed with noodles and served with enoki mushrooms, crispy-fried eggs, cashews and a beautiful Red Queen sauce filled with Australian native ingredients.



25 minutes



2 servings



Vegetarian

11 November 2022

## The sauce!

*The Red Queen sauce included in this dish has a lovely mild chilli flavour, so there is no need to fear! Add some dried chilli flakes for an extra punch of heat!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	29g	111g



## FROM YOUR BOX

RICE NOODLES	1 packet
ENOKI MUSHROOMS	1 packet (200g)
SPRING ONIONS	1 bunch
GREEN CAPSICUM	1
ASIAN GREENS	2 bulbs
FREE-RANGE EGGS	6-pack
ROASTED CASHEWS	1 packet (20g)
RED QUEEN SAUCE	1 bottle

## FROM YOUR PANTRY

sesame oil, pepper, soy sauce (or tamari)

## KEY UTENSILS

2 frypans, saucepan

## NOTES

Instead of fried eggs, try making a shredded omelette. Crack eggs into a bowl and whisk to combine with 1 tbsp soy sauce. Pour 1/2 egg mixture into pan and cook for 2-3 minutes until golden and just set. Roll up and thinly slice. Repeat with remaining mixture.



### 1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add noodles and cook for 8-10 minutes until noodles are tender. Drain and rinse with cold water.



### 2. FRY THE MUSHROOMS

Heat a frypan over medium-high heat with **sesame oil**. Pull mushrooms apart into small clusters. Add to frypan, in batches if necessary, and cook for 2-4 minutes until golden. Remove to a plate and keep pan over heat.



### 3. STIR-FRY THE VEGETABLES

Meanwhile, heat a second frypan over medium-high heat with **sesame oil**. Slice spring onions (reserve some green tops for garnish) and capsicum. Add to pan as you go and cook for 3-5 minutes until vegetables begin to char. Slice Asian greens and add to pan.



### 4. FRY THE EGGS

Crack eggs (see notes) into reserved frypan to taste. Cook until crispy and cooked to your liking.



### 5. TOSS THE NOODLES

Add noodles to stir-fried vegetables along with **2 tbsp soy sauce** and **1 1/2 tbsp sesame oil**. Stir-fry for 1 minute. Season to taste with **pepper**.



### 6. FINISH AND SERVE

Roughly chop cashews.

Divide stir-fried noodles among shallow bowls. Top with crispy mushrooms and fried eggs. Drizzle over red queen sauce. Sprinkle over cashews and garnish with reserved spring onion green tops.

**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**

