



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!



H4 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



4 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
	26g	22g	101g

FROM YOUR BOX

RICE NOODLES	2 packets
ENOKI MUSHROOMS	1 packet (360g)
SPRING ONIONS	1 bunch
GREEN CAPSICUM	1
ASIAN GREENS	1 bunch
FREE-RANGE EGGS	6-pack
ROASTED CASHEWS	1 packet (40g)
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 and cook until crispy and cooked to your liking.



5. TOSS THE NOODLES

Add noodles to stir-fried vegetables along with **3 tbsp soy sauce** and **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**

