



Product Spotlight: Button Mushrooms

It is best to store mushrooms in the paper bags they are packed in as it allows them to breathe. Air-tight containers will cause condensation, and this will spoil them.



Stir Fried Yaki Udon

Quick and easy? Yes please! Japanese inspired udon noodle stir fry, packed with a rainbow of veggies, free-range ham and garnished with a sprinkle of sesame seeds.



25 minutes



4 servings



Pork

Spice it up!

This dish uses curry powder from your pantry. The flavour and heat levels of curry powder varies greatly between brands. To make sure it's not too spicy, taste before adding our suggested amount.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	14g	97g

FROM YOUR BOX

SPRING ONIONS	1 bunch
BUTTON MUSHROOMS	300g
RED CAPSICUM	1
GARLIC CLOVES	2
SNOW PEAS	250g
CARROTS	2
HAM	1 packet
UDON NOODLES	3 packets
SESAME SEEDS	1 packet

FROM YOUR PANTRY

oil for cooking, pepper, curry powder, soy sauce (or tamari)

KEY UTENSILS

wok or large frypan, kettle

NOTES

White pepper is a great alternative to cracked black pepper, particularly in Japanese and Chinese dishes. It has a milder flavour and is easier to hide from fussy eaters.

No gluten option – noodles are replaced with **rice noodles**. Bring a saucepan of water to the boil. Add noodles and cook until tender. Drain and rinse well with cold water to stop the cooking process.



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1. PREPARE THE INGREDIENTS

Boil the kettle.

Slice **spring onions** (reserve green tops for garnish), **mushrooms**, and **capsicum**. Crush **garlic**. Trim and slice **snow peas**. Julienne **carrot** and cut **ham** into batons.



2. STIR FRY THE INGREDIENTS

Heat a wok or large frypan over medium-high heat with **oil**. Add spring onions, garlic and ham. Stir fry for 3–4 minutes to soften the onion. Add capsicum, carrot and snow peas. Cook for a further 3 minutes.



3. COOK THE NOODLES

Add **noodles** to a large bowl. Cover with **hot water**. Soak for 2 minutes then drain.



4. ADD THE NOODLES

Add noodles to the wok along with **2 tbsp soy sauce**, **2 tsp curry powder** (see cover notes), **1 tsp honey**, and **1/4 cup water**. Stir fry continuously for 1–2 minutes to combine ingredients. Season to taste with **soy sauce** and **pepper**.



5. FINISH AND SERVE

Divide noodles among shallow bowls. Garnish with thinly sliced spring onion green tops and **sesame seeds**.

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**

