



### 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



4/6 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
4/6 Person:	27g/30g	10g	85g/108g

## FROM YOUR BOX

	4 PERSON	6 PERSON
SPRING ONIONS	1 bunch	2 bunches
MUSHROOMS	300g	300g + 150g
RED CAPSICUM	1	2
GARLIC CLOVES	2	3
SNOW PEAS	250g	250g + 150g
CARROTS	2	2
HAM	200g	100g + 200g
UDON NOODLES	3 packets	5 packets
SESAME SEEDS	1 packet	1 packet

## FROM YOUR PANTRY

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

## 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. Keep separate.



## 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**.

**6P - add noodles along with 3-4 tbsp soy sauce, 3-4 tsp curry powder, 2 tsp honey and 1/2 cup water.**



## 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.



## 5. FINISH AND SERVE

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



## 3. COOK THE NOODLES

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

**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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

