



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!



## J2 Asian Noodle Bowl with Tempeh & Enoki Mushrooms

Noodles, tempeh wedges, enoki mushrooms and Asian greens in a flavourful broth with ginger, onion and a flavour sachet from The Ugly Mug.



25 minutes



2 servings



Plant-Based

26 August 2022

## Speed it up!

*Slice the Asian greens and separate the mushrooms. Add straight into the broth with the tempeh wedges.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	18g	34g	100g

## FROM YOUR BOX

RICE NOODLES	1 packet (200g)
SHALLOT	1
GINGER	1 piece
TARE MARINADE	1 sachet
ENOKI MUSHROOMS	1 packet
ASIAN GREENS	2 bulbs
TEMPEH WEDGES	1 packet
RED CHILLI	1
FRIED SHALLOTS	1 packet

## FROM YOUR PANTRY

sesame oil, pepper, soy sauce, sugar

## KEY UTENSILS

large frypan, saucepan x 2

## NOTES

We added 1 tsp ground turmeric to the noodles for a lovely yellow colour.

When it is time to serve, run the noodles under some warm water to separate them.



### 1. COOK THE NOODLES

Bring a saucepan of water to the boil. Add noodles and cook according to packet instructions (see notes). Drain and rinse in cold water.



### 2. MAKE THE BROTH

In the meantime, heat a second saucepan over medium-high heat with **oil**. Slice and add shallot, cook for 3 minutes. Grate and add ginger along with tare and **3 cups water**. Bring to the boil, then reduce heat, cover and simmer for 10 minutes.



### 3. COOK THE VEGETABLES

Heat a frypan over high heat with **oil**. Trim mushrooms and break into bunches. Quarter Asian greens. Cook mushrooms for 3-4 minutes, with **1 tsp soy sauce** and **pepper**. Remove from pan and repeat with Asian greens.



### 4. ADD THE TEMPEH

Add tempeh wedges to the broth and simmer for 2 minutes to heat through. Season with **1/2-1 tbsp soy sauce**, **1-2 tsp sugar** and **pepper** to taste.



### 5. FINISH AND SERVE

Slice chilli.

Divide noodles, greens and mushrooms among bowls. Pour over broth and tempeh. Sprinkle with chilli and fried shallots.

**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**

