



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!



J4

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



4 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
	10g	18g	57g

FROM YOUR BOX

TURMERIC NOODLES	1 packet
RED ONION	1
GINGER	1 piece
TARE MARINADE	1 sachet
ENOKI MUSHROOMS	1 packet
ASIAN GREENS	1 bunch
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

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. Drain and rinse in cold water (see notes).



2. MAKE THE BROTH

In the meantime, heat a second saucepan over medium-high heat with **oil**. Slice and add onion, cook for 3 minutes. Grate and add ginger along with tare and **6 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 **1/2 tbsp 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 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**

