



Product Spotlight: Mushrooms

Mushrooms are full of protein, minerals and vitamins, and they are one of the few natural sources of vitamin D, which is good for strong, healthy teeth and bones!



Crispy Egg Banh Mi with Sautéed Mushroom and Wedges

A delicious vegetarian version of the Vietnamese staple, this banh mi is packed with sautéed mushrooms, zingy sauce, pickled veggies, and crispy fried eggs served with sweet potato wedges.



30 minutes



2 servings



Vegetarian

17 February 2023

Switch it up!

Switch up the fried eggs for a shredded omelette. Scan the QR code for detailed instructions on how to make a shredded omelette.



| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 23g | 45g | 87g |

FROM YOUR BOX

| | |
|-------------------------|--------------|
| SWEET POTATOES | 400g |
| LEBANESE CUCUMBER | 1 |
| CARROT | 1 |
| BUTTON MUSHROOMS | 1 bag (150g) |
| WHOLEMEAL BREAD ROLLS | 2-pack |
| CORIANDER | 1 packet |
| GREEN CHILLI | 1 |
| FREE-RANGE EGGS | 6 |
| CHIPOTLE AND LIME AIOLI | 1 packet |
| BEANSHOOTS | 1 bag (250g) |

FROM YOUR PANTRY

oil for cooking, salt, pepper, white vinegar, sugar (of choice), 1 garlic clove

KEY UTENSILS

large frypan, oven tray

NOTES

Use a non-metallic bowl to pickle. Metal bowls can react with the pickling liquid and leave a metallic taste.

Remove seeds from chilli for a milder flavour.

No gluten option - wholemeal bread rolls are replaced with gluten-free buns.



1. ROAST THE WEDGES

Set oven to 220°C.

Cut sweet potatoes into wedges. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes, or until tender and golden.



2. PICKLE THE VEGETABLES

In a non-metallic bowl (see notes) whisk together **3 tbsp vinegar, 2 tbsp water, 1 tsp salt** and **1 tsp sugar**. Ribbon cucumber and julienne or ribbon carrot. Add to bowl and toss to coat. Set aside.



3. SAUTÉ THE MUSHROOMS

Heat a large frypan over medium-high heat with **oil**. Slice mushrooms and crush **garlic clove**. Add to pan as you go. Sauté for 4–6 minutes until mushrooms are tender. Season with **salt and pepper**. Remove from pan and set aside.



4. PREPARE THE COMPONENTS

Cut rolls in half. Toast in oven for 2–4 minutes until crunchy.

Pick coriander leaves and finely chop stems. Thinly slice chilli (see notes).



5. FRY THE EGGS

Re-heat frypan over medium-high heat with **2 tbsp oil**. Crack eggs into pan (cook in batches if necessary) and cook to your liking.



6. FINISH AND SERVE

Drain pickled vegetables.

Divide rolls among plates. Fill with aioli, mushrooms, pickled vegetables, bean shoots and fried eggs. Garnish with chilli and serve with wedges.

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**

