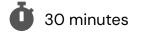


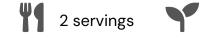


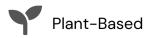


# **Mushroom Stir-Fry Noodles**

Baby king oyster mushrooms stir-fried with garlic and ginger, loads of veggies and served over flavourful brown rice noodles, tossed with black bean sauce and garnished with peanuts and fried shallots.







# Spice it up!

To spice it up, serve this dish with your favourite hot sauce, a sprinkle of dried chilli flakes or slices of fresh red chilli!

TOTAL FAT CARBOHYDRATES

33g

245g

#### **FROM YOUR BOX**

BROWN RICE NOODLES	1 packet
SPRING ONIONS	1 bunch
RED CAPSICUM	1
ASIAN GREENS	2 bulbs
GARLIC CLOVE	1
GINGER	1 piece
BABY KING OYSTER MUSHROOMS	1 packet
BLACK BEAN SAUCE	1 tub
FRIED SHALLOT + PEANUT MIX	1 packet

#### FROM YOUR PANTRY

sesame oil, pepper, soy sauce (or tamari)

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

Use a wok to stir-fry if you have one! Noodles can be tossed in the wok with the vegetables and sauce





#### 1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add **noodles** and cook according to packet instructions or until al dente. Drain and rinse well with cold water. Keep saucepan for step 5.



#### 2. PREPARE THE VEGETABLES

Cut **spring onions** into 3cm pieces (reserve green tops for garnish). Slice **capsicum** and **Asian greens**. Thinly slice **garlic**. Peel and grate **ginger**.



#### 3. COOK THE MUSHROOMS

Heat a large pan (see notes) over medium-high heat with **sesame oil**. Add **mushrooms** and cook for 4-6 minutes until golden.



## **4. STIR-FRY THE VEGETABLES**

Add remaining vegetables to mushrooms. Stir-fry for 4-6 minutes until vegetables are tender. Season with **3 tsp soy sauce** and **pepper**. Remove from heat.



### 5. ADD THE NOODLES

Reheat saucepan over medium-high heat with sesame oil. Return noodles to pan. Add black bean sauce and 1 1/2 tbsp water. Toss to combine and cook for 2-3 minutes to warm sauce.



#### 6. FINISH AND SERVE

Thinly slice reserved spring onion green tops.

Divide noodles among bowls. Top with stir fry. Garnish with spring onion green tops and fried shallot and peanut mix.

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



