



### Product Spotlight: King Oyster Mushrooms

Their natural umami flavour deepens when roasted, grilled, or pan-seared.

High heat helps caramelize the surface while keeping the inside juicy.



## Mushroom Stir-Fry Noodles

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



30 minutes



2 servings



Plant-Based

### 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!*

Per serve: **PROTEIN** 19g **TOTAL FAT** 9g **CARBOHYDRATES** 111g

## FROM YOUR BOX

SPRING ONIONS	1 bunch
RED CAPSICUM	1
ASIAN GREENS	2 bulbs
KING OYSTER MUSHROOMS	1 packet
GARLIC CLOVE	1
GINGER	1 piece
RICE NOODLES	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.



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### 1. PREPARE THE VEGETABLES

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



### 2. COOK THE MUSHROOMS

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



### 3. 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.



### 4. STIR-FRY THE VEGETABLES

Add **remaining vegetables** to pan with extra **oil**. Stir-fry for 4-6 minutes until vegetables are tender. Season with **2 tsp soy sauce** and **pepper**. Remove from heat.



### 5. TOSS THE NOODLES

Reheat saucepan over medium-high heat with **sesame oil**. Return **noodles** to pan. Add **black bean sauce** and **1 tbsp water**. Toss to coat noodles. Add **stir-fried vegetables** 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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

