



Product Spotlight: Mrs Tran's Noodles

Mrs. Tran's Kitchen strive to share the taste of authentic Asian cuisine. From the melting pots of Saigon through to Australia, Mrs. Tran brings true Asian traditional culinary dishes to your home.



Mushroom Noodle Stir-Fry

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.



30 minutes



4 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	TOTAL FAT	CARBOHYDRATES
	17g	25g	125g

FROM YOUR BOX

BROWN RICE NOODLES	1 packet
SPRING ONIONS	1 bunch
RED CAPSICUM	1
ASIAN GREENS	1 bunch
BUTTON MUSHROOMS	150g
GARLIC CLOVES	2
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.



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1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add **noodles** and cook for 6-8 minutes until al dente. Drain and rinse well with cold water. Keep saucepan for step 4.



2. 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**.



3. 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.



4. STIR-FRY THE VEGETABLES

Add remaining vegetables to mushrooms. Stir-fry for 4-6 minutes until vegetables are tender. Season with **1 tbsp 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 **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**.

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