



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



4/6 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
4/6 Person:	12g	12g	67g

FROM YOUR BOX

	4 PERSON	6 PERSON
SPRING ONIONS	1 bunch	2 bunches
RED CAPSICUM	1	2
ASIAN GREENS	1 bunch	1 bunch
BUTTON MUSHROOMS	150g	150g
KING OYSTER MUSHROOMS	1 packet	2 packets
GARLIC CLOVES	2	3
GINGER	1 piece	2 pieces
RICE STICK NOODLES	2 packets	3 packets
BLACK BEAN SAUCE	1 tub	2 tubs
FRIED SHALLOT + PEANUT MIX	1 packet	2 packets

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.



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 **1 tbsp soy sauce** and **pepper**. Remove from heat.

6P - season with 1 1/2-2 tbsp soy sauce

5. TOSS 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 coat noodles. Add **stir-fried vegetables** and cook for 2-3 minutes to warm sauce.

6P - add more water if needed.



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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