

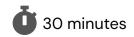




Mushroom San Choy Bau

with Sweet Potato Noodles

Crisp lettuce cups filled with chewy sweet potato noodles and a fragrant mushroom mince stir-fry with ginger, chives, and corn, finished with a toasted seed mix for crunch.





2 servings

Plant-Based

Make summer rolls!

Have any leftovers? This dish is still delicious served cold so you can roll any leftovers up in rice paper rolls for lunch!

FROM YOUR BOX

SWEET POTATO NOODLES	1 packet
GINGER	1 piece
BABY COS LETTUCE	1
BABY KING OYSTER MUSHROOMS	300g
CELERY STALK	1
CORN COB	1
CARROT	1
CHIVES	1 bunch
HEMP AND MIXED SEEDS	1 packet

FROM YOUR PANTRY

sesame oil, soy sauce (or tamari), sugar (of choice)

KEY UTENSILS

large frypan, saucepan

NOTES

You can toss the noodles with the stir-fry vegetables and serve with shredded lettuce topping if you don't feel like making lettuce cups.

Hemp & Mixed Seeds: hemp hearts, sunflower seeds, mixed sesame seeds, pepitas.





1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add noodles to boiling water and cook for 4-5 minutes until tender. Drain and rinse under cold water. Toss with 1 tsp sesame oil.



2. PREPARE THE SAUCE

Peel and grate **ginger**. Combine with **2 tbsp soy sauce**, **1/2 tbsp sugar** and **1/2 tbsp sesame oil**. Set aside.





3. PREPARE THE VEGETABLES

Separate and rinse **lettuce** leaves. Set aside.

Chop **mushrooms** to resemble a mince texture. Dice **celery**, remove **corn** from cobs and grate **carrot**

Slice chives and reserve 1/2 for garnish.



4. TOAST THE SEEDS

Add **hemp and mixed seeds** to a dry frypan over medium-high heat. Toast until golden and remove to a small bowl and keep pan on heat.



5. COOK THE STIR-FRY

Add **2** tsp sesame oil to pan along with mushrooms. Cook for 3–5 minutes until browned. Add prepared vegetables. Pour in sauce and cook for a further 5 minutes.



6. FINISH AND SERVE

Assemble the lettuce cups with noodles and stir-fry vegetables. Garnish with toasted seeds and sliced chives (use to taste).

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