



### Product Spotlight: Sweet Potato Noodles

Sweet potato noodles, also known as "glass noodles", have a lovely chewy texture and become translucent when cooked.



## 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.

 30 minutes

 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!*

Per serve: **PROTEIN** 6g **TOTAL FAT** 1g **CARBOHYDRATES** 45g

## 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.*



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### 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).

**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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

