



Product Spotlight: King Oyster Mushrooms

King oyster mushrooms are rich in natural glutamates, which give them a deep, savoury umami flavour that intensifies when roasted, grilled, or pan-fried—perfect for flavour-forward dishes like stir-fries and noodle bowls.



Biang Biang Noodles

A vibrant noodle stir-fry with flat rice noodles tossed through a crunchy peanut biang biang sauce served with stir fried mushrooms and Asian greens, and fresh crisp snow peas.



30 minutes



4 servings



Plant-Based

Szechuan!

Szechuan pepper has a unique citrusy, floral flavour with a slightly numbing, tingling sensation on the tongue. Unlike chilli heat, it creates a buzzing, almost electric feeling that enhances and balances spicy dishes rather than intensifying the burn.

Per serve: **PROTEIN** 14g **TOTAL FAT** 13g **CARBOHYDRATES** 66g

FROM YOUR BOX

RICE STICK NOODLES	2 packets
TOMATOES	2
GARLIC	2 cloves
SPRING ONIONS	1 bunch
KING OYSTER MUSHROOMS	1 packet
BUTTON MUSHROOMS	150g
SNOW PEAS	250g
KAI LAN	1 bunch
PEANUT & SZECHUAN SPICE MIX	1 packet
BLACK BEAN SAUCE	100ml

FROM YOUR PANTRY

sesame oil, salt, pepper, soy sauce (or tamari)

KEY UTENSILS

large frypan, saucepan

NOTES

The kai lan bunches can be very large. If you receive a large bunch, use the kai lan to taste. Any leftover can be added to a stir fry, fried rice or chop it and freeze to use another day.

If you have one, use a wok to cook the stir fry in!

Szechuan spice & peanut mix: unsalted roasted peanuts, garlic granules, ground cumin, Chinese five spice, Szechuan pepper, chilli flakes and coconut sugar



1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add **noodles** and cook according to packet instructions or until tender. Drain and rinse well with cold water to stop the cooking process. Reserve saucepan for step 4.



2. PREPARE THE INGREDIENTS

Chop **tomatoes**, crush **garlic** and slice **spring onions** (reserve green tops for garnish).

Slice **mushrooms**, trim and slice **peas**, and trim and halve **kai lan** (see notes).



3. STIR FRY THE VEGETABLES

Heat a large frypan (see notes) over medium-high heat with **sesame oil**. Add mushrooms and 1/2 **garlic**, cook for 5 minutes until mushrooms begin to brown. Add kai lan and 1 **tbsp soy sauce**. Cook for further 2 minutes. Season with **pepper**.



4. MAKE THE SAUCE

Reheat saucepan over medium-high heat with **oil**. Add spring onions, garlic and tomatoes. Sauté for 4 minutes until softened. Add **spice mix** and **black bean sauce**. Remove from the heat.



5. TOSS THE NOODLES

Add noodles to sauce and toss well to coat the noodles. Season to taste with **soy sauce** and **pepper**.



6. FINISH AND SERVE

Divide noodles among bowls. Serve with stir fried veggies and garnish with reserved spring onion green tops and snow peas.

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