

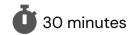




Mushroom San Choy Bau

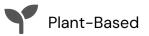
with Sweet Potato Noodles

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.





4 servings



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!

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

Og 9

9g

36g

FROM YOUR BOX

SWEET POTATO NOODLES	2 packets
GINGER	1 piece
BABY COS LETTUCE	2-pack
BABY KING OYSTER MUSHROOMS	300g
CELERY STALKS	2
CORN COBS	2
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 2 tsp sesame oil.



2. PREPARE THE SAUCE

Peel and grate ginger. Combine with 1/4 cup soy sauce, 1 tbsp sugar and 1 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 0481 072 599 or send an email to hello@dinnertwist.com.au



