



**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

4/6 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	TOTAL FAT	CARBOHYDRATES
4/6 Person:	6g/7g	1g	45g/53g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATO NOODLES	2 packets	3 packets
GINGER	1 piece	2 pieces
BABY COS LETTUCE	2-pack	2-pack
BABY KING OYSTER MUSHROOMS	300g	2 x 300g
CELERY STALKS	2	3
CORN COBS	2	3
CARROT	1	2
CHIVES	1 bunch	1 bunch
HEMP AND MIXED SEEDS	1 packet	2 packets

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**.

6P – toss with **3 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.

6P – combine with **1/3 soy sauce**, **1 1/2 tbsp sugar** and **1 1/2 tbsp sesame oil**.



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.

6P – add **1 tbsp sesame oil** to pan along with **mushrooms**.



6. FINISH AND SERVE

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



Scan the QR code to submit a Google review!

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**

