



Product Spotlight: Ginger

Ginger has several health benefits under its belt! It is considered both anti-inflammatory and immune boosting. Slice any leftover ginger and add to hot water for a delicious herbal tea.



Chow Mein Noodles with Walnut Mince

Five-spice stir-fried mushrooms and cabbage with walnut mince served on a bed of turmeric rice noodles and dressed with ginger and soy.



30 minutes



2 servings



Plant-Based

Spice it up!

Use sesame oil to dress the noodles and cook the stir-fry for added flavour. If you don't have any Chinese five-spice you can flavour the stir-fry with oyster sauce or hoisin sauce.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	21g	17g	149g

FROM YOUR BOX

RICE NOODLES	1 packet
WHITE CABBAGE	1/4
SHALLOT	1
BUTTON MUSHROOMS	150g
CARROT	1
WALNUTS	40g
GINGER	1 piece
LIME	1
CHIVES	1 bunch
RED CHILLI	1

FROM YOUR PANTRY

sesame oil, Chinese five-spice, soy sauce or tamari, ground turmeric

KEY UTENSILS

large frypan, saucepan

NOTES

Rinse the noodles again under cold water before dressing them if they are stuck together.



1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add **2 tsp turmeric** and noodles to boiling water and cook according to packet instructions. Drain and rinse in cold water.



2. PREPARE THE VEGETABLES

Slice cabbage (use to taste), shallot and mushrooms. Slice carrot into crescents. Set aside.



3. COOK THE VEGETABLES

Heat a frypan over medium-high heat with **sesame oil**. Add prepared vegetables along with **1-2 tsp Chinese five-spice** and cook for 6-8 minutes until softened.



4. ADD THE WALNUT MINCE

Meanwhile, finely chop walnuts. Add to vegetables and stir to combine. Season with **soy sauce** to taste.



5. DRESS THE NOODLES

Peel and grate ginger. Combine with lime juice, **1 tbsp soy sauce** and **1 tbsp sesame oil**. Toss together with cooked noodles (see notes).



6. FINISH AND SERVE

Divide noodles among bowls. Top with stir-fry. Slice chives and chilli, use to garnish.

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**

