



### Product Spotlight: Dried Shiitake Mushrooms

Dried shiitake mushrooms are convenient and versatile! They need to be rehydrated before using to give them their tender texture, perfect for this stir-fry noodle dish.



## Japchae Glass Noodles

### with Tofu

Korean sweet potato glass noodles with stir fried with vegetables, flavourful shiitake mushrooms and firm tofu tossed in a savoury sesame sauce. This dish is delicious served hot or even cold the next day!



25 minutes



2 servings



Plant-Based

## Make summer rolls!

*Have any leftovers? This stir-fry is still delicious served cold so you can roll any leftovers up in rice paper rolls for lunch!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	24g	128g

## FROM YOUR BOX

DRIED SHIITAKE MUSHROOMS	50g
GARLIC CLOVE	1
SWEET POTATO NOODLES	2 packets
BROWN ONION	1
FIRM TOFU	300g
CARROT	1
BABY SPINACH	60g
CHIVES	1 bunch
SESAME SEEDS	1 packet

## FROM YOUR PANTRY

sesame oil, soy sauce (or tamari), sugar (of choice)

## KEY UTENSILS

large frypan or wok, saucepan, kettle

## NOTES

Any leftover dried mushrooms are great to use in stir-fries, curries, soup or risotto!

The stems of the mushrooms can sometimes be a little tough. You can remove these before slicing if needed.

You can toast the sesame seeds for extra flavour if preferred.



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### 1. PREPARE THE MUSHROOMS

Boil the kettle.

Place **1/2 packet dried mushrooms** in a bowl and cover with boiling water. Set aside to hydrate.

Bring a saucepan of water to boil (for step 3).



### 2. PREPARE THE SAUCE

Meanwhile, combine **crushed garlic clove** with **1/4 cup soy sauce**, **1 tbsp sugar** and **1 tbsp sesame oil**. Set aside.



### 3. COOK THE NOODLES

Add **noodles** to boiling water in saucepan and cook for 4-5 minutes until tender. Drain and rinse under cold water. Toss with **2 tsp sesame oil** and set aside.



### 4. PREPARE THE STIR-FRY

Slice **onion** and **tofu**. Julienne **carrot**. Drain soaking mushrooms and slice (see notes). Set aside with **spinach**.



### 5. COOK THE STIR-FRY

Heat a frypan or wok over high heat with **1 tbsp sesame oil**. Add onion and cook for 2-3 minutes, tossing. Add tofu, mushrooms, carrot and spinach. Cook for 2 minutes. Turn down heat to medium. Add noodles and sauce. Toss until combined. Season with **soy sauce** to taste.



### 6. FINISH AND SERVE

Slice **chives** and use to garnish noodles along with **sesame seeds** (see notes).

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