

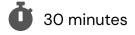




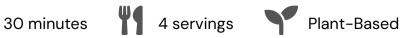
# **Chow Mein Noodles**

## 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.







# 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.

TOTAL FAT CARBOHYDRATES

141g

#### **FROM YOUR BOX**

RICE NOODLES	2 packets
WHITE CABBAGE	1/2
RED ONION	1
BUTTON MUSHROOMS	300g
CARROT	1
WALNUTS	80g
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, onion and mushrooms. Slice carrot into crescents.



#### **3.COOK THE VEGETABLES**

Heat a frypan over medium-high heat with sesame oil. Add prepared vegetables along with 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 1-2 tsp soy sauce to taste. Take off heat.



### **5. DRESS THE NOODLES**

Peel and grate ginger. Combine with lime juice, 2 tbsp soy sauce and 2 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.

