DINNER TWIST
LOCAL, HEALTHY, DELIVERED

Product Spotlight: Mrs Tran's Kitchen

Mrs. Tran's Kitchen strive to share the taste of authentic Asian cuisine. From the melting pots of Saigon through to Australia, Mrs. Tran brings true Asian traditional culinary dishes to your home.
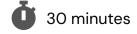
MRS TRAN'S KITCHEN EST 1989

Sunflower Seed Ramen
with Baby Oyster Mushrooms

A beautiful creamy, umami-rich ramen broth, served with rice vermicelli noodles, pan-fried baby king oyster mushrooms and fresh toppings.

Spice it up!

To spice it up, serve this dish with your favourite chilli oil, a sprinkle of dried chilli flakes or slices of fresh red chilli!

🕐 30 minutes   🍴 4 servings   🌱 Plant-Based

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	17g	8g	98g

1. COOK THE NOODLES

Bring a large saucepan of water to a boil. Add noodles and cook for 6–8 minutes until al dente. Drain and rinse well with cold water. Reserve saucepan.

2. PREPARE THE INGREDIENTS

Slice spring onions, thinly slice green tops for garnish. Peel and roughly chop ginger (see notes) and roughly chop garlic.

Thinly slice carrots. Remove corn kernels from cobs.

3. SIMMER THE BROTH

Reheat reserved saucepan over medium-high heat with **sesame oil.** Add spring onions, ginger and garlic and sauté 3 minutes. Add sunflower and nutritional yeast mix, miso and **1 1/2 L water**. Bring to a boil and reduce to simmer for 5 minutes.

4. COOK THE MUSHROOMS

Heat a frypan over medium-high heat with **sesame oil**. Add mushrooms, carrots and **1 tbsp soy sauce**. Cook for 5-7 minutes until mushrooms are browned all over and carrots are tender.

5. BLEND THE BROTH

Use a stick mixer to blend the broth. Season with **2 tbsp soy sauce** and **pepper**.

6. FINISH AND SERVE

Divide noodles among bowls. Ladle in broth and top with mushrooms, carrot and corn kernels. Garnish with spring onion green tops (see notes).