



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Sweet Potato Noodles

Sweet potato noodles, also known as "glass noodles", have a lovely chewy texture and become translucent when cooked.



Japchae Glass Noodles with Tofu

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

 25 minutes

 4/6 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** 20g **TOTAL FAT** 14g **CARBOHYDRATES** 51g

FROM YOUR BOX

	4 PERSON	6 PERSON
GARLIC CLOVES	2	2
SWEET POTATO NOODLES	3 packets	4 packets
BROWN ONION	1	1
FIRM TOFU	300g	2 x 300g
CARROT	1	2
MUSHROOMS	1 punnet	2 punnets
BABY SPINACH	1 bag	2 bags
CHIVES	1 bunch	1 bunch
SESAME SEEDS	1 packet	2 packets

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan or wok, saucepan

NOTES

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



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1. PREPARE THE SAUCE

Bring a saucepan of water to boil (for step 2).

Combine **2 crushed garlic cloves** with **1/3 cup soy sauce**, **2 tbsp sugar** and **1 tbsp sesame oil**. Set aside.

6P – Combine garlic cloves with **1/2 cup soy sauce**, **2 tbsp sugar** and **2 tbsp sesame oil**.



4. 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.

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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**



2. 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.

6P – Toss noodles with **3 tsp sesame oil** and set aside.



5. FINISH AND SERVE

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



3. PREPARE THE STIR-FRY

Slice **onion** and **tofu**. Julienne **carrot**. Slice **mushrooms**. Set aside with **spinach**.

