



Product Spotlight: Mushrooms

Adding mushrooms is a great way to boost the protein of a dish. They are also one of the few natural food sources of vitamin D, which is good for strong, healthy teeth and bones!



Chiang Mai Noodles with Mushrooms

Deliciously fragrant red coconut curry served with egg noodles, sautéed mushrooms, lime, fresh vegetables, fried shallots and peanuts.



30 minutes



2 servings



Plant-Based

Bulk it up!

If you want to bulk up this meal and get extra servings, serve it with a fried egg, omelette or a side of Asian greens sautéed in garlic and soy sauce.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	10g	30g	45g

FROM YOUR BOX

EGG NOODLES	1 packet
BUTTON MUSHROOMS	150g
RED CURRY PASTE	1 jar
TINNED COCONUT MILK	165ml
LIME	1
THAI BASIL	1 packet
ZUCCHINI	1
GREEN BEANS	150g
FRIED SHALLOT + PEANUT MIX	1 packet

FROM YOUR PANTRY

sesame oil, pepper, soy sauce (or tamari)

KEY UTENSILS

frypan, saucepan

NOTES

The curry paste can be a little spicy, so use it to taste. If you don't like spice, we recommend using 1 tbsp to start or 1/4 the jar if you do. You can store any leftover paste in the freezer to use later.

No gluten option – egg noodles are replaced with rice noodles. Cook according to packet instructions or until al dente.



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1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add **noodles** and cook until al dente. Drain noodles and reserve saucepan (see step 3).



2. COOK THE MUSHROOMS

Heat a frypan over medium-high heat with **sesame oil**. Slice **mushrooms**. Add to pan along with **1/2 tbsp soy sauce** and cook for 6–8 minutes until tender. Season to taste with extra **soy sauce** and **pepper**.



3. SIMMER THE CURRY

While **mushrooms** cook, reheat saucepan over medium-high heat. Add **1/2 jar curry paste** (see notes). Pour in **coconut milk**, **1 tbsp soy sauce** and **500ml water**. Simmer, covered, for 5 minutes until warm.



4. PREPARE THE TOPPINGS

Zest **lime** and wedge half. Set zest and half lime aside for step 5.

Chop or tear **Thai basil**. Ribbon **zucchini**.



5. ADD THE GREEN BEANS

Trim **green beans** and cut into thirds. Add to curry and cook for a further 3 minutes. Remove from heat. Add **lime zest and juice** from remaining lime to curry. Season to taste with **soy sauce** and **pepper**.



6. FINISH AND SERVE

Divide **noodles** among bowls. Ladle in curry. Top with cooked **mushrooms** and **prepared toppings**. Serve with **lime wedges** and sprinkle over **fried shallot** and **peanut mix**.

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**

