



Product Spotlight: Mixed 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



4/6 servings



Vegetarian

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
4/6 Person:	10g	25g	43g/53g

FROM YOUR BOX

	4 PERSON	6 PERSON
EGG NOODLES	1 packet	2 packets
MIXED GOURMET MUSHROOMS	1 packet	2 packets
RED CURRY PASTE	1 jar	1 jar
TINNED COCONUT MILK	400ml	400ml + 165ml
LIME	1	2
THAI BASIL	1 packet	1 packet
ZUCCHINI	1	2
GREEN BEANS	150g	2 x 150g
BEAN SHOOTS	1 bag	1 bag
FRIED SHALLOT + PEANUT MIX	1 packet	2 packets

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 1/2 the jar. 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).



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**.

6P – zest and wedge 1 lime. Set zest and the other lime aside step 5.



2. COOK THE MUSHROOMS

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

6P – add to pan along with 1 1/2 tbsp soy sauce.



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**.



3. SIMMER THE CURRY

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

6P – pour in coconut milk, 3 tbsp soy sauce and 1.5L water.



6. FINISH AND SERVE

Divide **noodles** among bowls. Ladle in **curry**. Top with cooked **mushrooms**, **bean shoots** 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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

