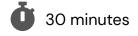




Vietnamese Noodle Bowl

Fragrant lemongrass and kaffir lime leaf dressing drizzled over sautéed baby king oyster mushrooms, fresh vegetables and noodles.







Stir-fry it!

Instead of serving the vegetables fresh, you can stir-fry them in a large frypan until tender. Remove from the heat and stir through cooked noodles and dressing to coat well.

TOTAL FAT CARBOHYDRATES

17g 13g

67g

FROM YOUR BOX

LEMONGRASS	1
KAFFIR LIME LEAF	1
SPRING ONIONS	1/3 bunch *
BABY KING OYSTER MUSHROOMS	1 bag (300g)
PEANUTS	1 packet (50g)
SUGAR SNAP PEAS	1/2 bag (75g) *
CARROT	1
GREEN CAPSICUM	1/2 *
RED CHILLI	1
NOODLES	1 packet (100g)

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce, white wine vinegar, sweet chilli sauce

KEY UTENSILS

large frypan, saucepan

NOTES

To use whole lemongrass stalk, slice off the very bottom and peel off any dried-out layers. Then bash the woody top end with a rolling pin, or something hard, to soften and help release some of the aromatic oils.



1. PREPARE THE SAUCE

Bring a saucepan of water to the boil.

Finely chop lemongrass (see notes) and kaffir lime leaf. Add to a bowl along with 1 tbsp soy sauce, 1 tbsp sweet chilli sauce, 1 tbsp vinegar and pepper. Stir to combine.



2. COOK THE MUSHROOMS

Heat a frypan over medium-high heat with oil. Chop spring onions (reserve green tops). Add to pan along with mushrooms and 1 tbsp prepared sauce. Cook, stirring occasionally, for 4-6 minutes. Add peanuts and cook for a further 2 minutes. Remove from heat.



3. PREPARE VEGETABLES

Trim and slice sugar snap peas. Thinly slice carrot, capsicum, chilli and reserved spring onion green tops.



4. COOK THE NOODLES

Add noodles to boiling water and cook according to packet instructions. Drain and rinse in cold water.



5. FINISH AND SERVE

fresh vegetables and mushrooms. Serve

