



Product Spotlight: Watercress


Watercress is a real powerhouse of nutrients and is classed a superfood.


Vitamin K is by far the most prominent nutrient, which can help build strong bones and assist with blood clotting.



4 Mushroom and Pickle Noodle Bowl

Sautéed mushrooms and gourmet pickles served in a bowl with konjac noodles, watercress, avocado and a quick sauce. A quick and easy weeknight dinner.

 25 minutes

 2 servings

 Plant-Based

17 December 2021

Switch it up!

If you prefer, you could use the mushrooms, pickles and sauce to make a fried rice instead of the noodle bowl.

Per serve: **PROTEIN** 17g **TOTAL FAT** 24g **CARBOHYDRATES** 21g

FROM YOUR BOX

SLICED MUSHROOMS	1 punnet (200g)
AVOCADO	1
WATERCRESS	1 bunch
PICKLES	1 jar (250g)
KONJAC NOODLES	1 packet
PEANUTS	1 packet (50g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce, sweet chilli sauce

KEY UTENSILS

frypan, kettle

NOTES

Konjac noodles are made from a fibre that comes from the root of the konjac plant. They have very little flavour which is great for tossing through a salad with sauce or into a broth!

We use sesame oil for extra flavour.

If you prefer a more mild spice level, test the pickles first as they do have a little heat.



1. COOK THE MUSHROOMS

Boil the kettle (see step 4).

Heat a frypan over medium-high heat with **oil** (see notes). Add mushrooms to pan. Cook for 4-6 minutes until browned. Season with **salt and pepper**. Remove from the pan.



2. MAKE THE SAUCE

Whisk together **3 tbsp soy sauce**, **1 1/2 tbsp sweet chilli sauce**, **1 1/2 tbsp water and pepper**.



3. PREPARE INGREDIENTS

Thinly slice avocado and trim roots off watercress. Drain pickles (see notes).



4. COOK THE NOODLES

Drain noodles. Add to a bowl and pour **hot water** from kettle over noodles. Let sit for 1 minute. Drain again.



5. FINISH AND PLATE

Divide noodles among bowls. Drizzle over some sauce. Top with mushrooms, fresh ingredients and peanuts. Serve with remaining sauce.

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**

