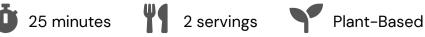


Product Spotlight: Watercress

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.

Mushroom and Pickle 4 **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.









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

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.

