



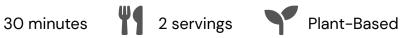
Ginger Stir-Fry

with Noodles

Stir-fried vegetables, mushroom burgers and brown rice noodles, tossed in a ginger sauce.







You can add some sweet chilli sauce for extra flavour in your stir-fry. Garnish with some cashews or peanuts for crunch.

PROTEIN TOTAL FAT CARBOHYDRATES

20g 25g 157g

FROM YOUR BOX

NOODLES	1 packet
YELLOW CAPSICUM	1
ZUCCHINI	1/2 *
ASIAN GREENS	2 bulbs
CARROT	1
CARROT MUSHROOM BURGERS	1 1 packet
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MUSHROOM BURGERS	1 packet

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

sesame oil, pepper, soy sauce (or tamari), white wine vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

If you don't have sesame oil, any neutral oil will work.

Remove chilli seeds for a milder spice level.



1. COOK THE NOODLES

Bring a saucepan of water to the boil. Add noodles and cook according to packet instructions. Drain and rinse with cold water.



2. PREPARE VEGETABLES

Slice capsicum, zucchini and Asian greens. Julienne or ribbon carrot. Cut burgers into smaller pieces. Thinly slice chilli (see notes) and set aside for garnish.



3. MAKE THE SAUCE

Grate ginger to yield 1/2 tbsp. Whisk together with 2 tbsp sesame oil, 2 tbsp soy sauce, 1 tbsp vinegar, and pepper.



4. STIR-FRY VEGETABLES

Heat a frypan over medium-high heat with sesame oil. Add vegetables. Cook, stirring, for 4-6 minutes until vegetables are tender. Add burger pieces and cook for a further 2-3 minutes. Remove from heat.



5. TOSS THE NOODLES

Add noodles and sauce to frypan. Toss through vegetables until well coated. Season with soy sauce and pepper.



6. FINISH AND SERVE

Divide stir-fry among bowls. Garnish with sliced chilli.

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



