




Product Spotlight: Snow Peas


In France the snow pea is also known as mange-tout, meaning "eat it all". This is because of the unusual fact you can eat pea, pod and all!



1 Golden Mushrooms with Chopped Salad

Fresh chopped salad topped with baby king oyster mushrooms, pan-fried in a paprika and chickpea flour batter. Drizzled with a creamy sauce.

 30 minutes

 2 servings

 Plant-Based

24 December 2021

Bulk it up!

If you want to bulk up this meal serve it with some garlic bread, cooked grains, wraps or tortillas.

Per serve: **PROTEIN** 20g **TOTAL FAT** 45g **CARBOHYDRATES** 45g

FROM YOUR BOX

BABY COS LETTUCE	1
TOMATO	1
AVOCADO	1
SNOW PEAS	1 bag (150g)
CHICKPEA FLOUR MIX	1 packet (82g)
BABY KING OYSTER MUSHROOMS	1 packet (300g)
PLANT-BASED SAUCE	1 jar (235g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, smoked paprika

KEY UTENSILS

large frypan

NOTES

The chickpea flour mix is made up of chickpea flour and bi-carb soda.

Let excess batter drip off mushrooms before adding them to the pan.



1. PREPARE THE SALAD

Chop lettuce and tomato. Slice avocado. Trim and slice snow peas. Arrange on a platter.



2. PREPARE THE BATTER

Whisk together chickpea flour with **1 tsp smoked paprika, salt and 1/2 cup water**. Halve any large mushrooms lengthways and add to batter to coat (see notes).



3. COOK THE MUSHROOMS

Heat frypan over medium-high heat. Cover base with **oil**. Place mushrooms, one at a time, into pan. Cook, in batches, for 1-2 minutes each side until golden brown. Remove to paper towel to drain.



4. LOOSEN THE SAUCE

Add sauce to a bowl. Whisk together with **1 1/2 tbsp water** to loosen.



5. FINISH AND SERVE

Arrange salad and mushrooms on a platter. Drizzle over, or serve with, sauce to taste.

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**

