



Product Spotlight: Ginger

Ginger has a number of health benefits under its belt! It is considered both anti-inflammatory and immune boosting. Slice any leftover ginger and add to hot water for a nice herbal tea.



3 Chow Mein Noodles with Walnut Mince

Five spice stir fry mushrooms and cabbage with walnut mince on a bed of turmeric rice noodles, dressed with ginger and soy.

 30 minutes

 2 servings

 Plant-Based

30 November 2020

Spice it up!

Use sesame oil to dress the noodles and cook the stir fry for added flavour. If you don't have Chinese five spice you can flavour the stir fry with hoisin sauce instead.

Per serve: **PROTEIN** 17g **TOTAL FAT** 21g **CARBOHYDRATES** 103g

FROM YOUR BOX

| | |
|------------------------|------------------|
| TURMERIC RICE NOODLES | 1 packet |
| RED ONION | 1/2 * |
| CARROT | 1 |
| MUSHROOMS | 200g |
| SHREDDED WHITE CABBAGE | 1/2 bag (200g) * |
| GINGER | 1 piece |
| WALNUTS | 1 packet (40g) |
| CHIVES | 1/2 bunch * |
| RED CHILLI | 1 |

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, soy sauce (or tamari), Chinese five spice, white wine (or rice wine vinegar), salt and pepper

KEY UTENSILS

frypan, saucepan

NOTES

Use sesame oil for extra flavour in the dressing if you have some.



1. COOK THE NOODLES

Bring a saucepan of water to boil. Add noodles and cook for 4–6 minutes until al-dente. Drain and rinse. Set aside.



2. PREPARE THE VEGGIES

Slice onion. Slice carrot into crescents. Slice mushrooms and set aside with cabbage.



3. DRESS THE NOODLES

Peel and grate ginger to yield 1/2 tbsp. Combine with **1 tbsp soy sauce**, **1/2 tbsp vinegar** and **1 tbsp oil** (see notes). Toss through cooked noodles.



4. COOK THE VEGGIES

Heat a frypan over medium–high heat with **oil** (see notes). Add prepared veggies along with **1 tsp Chinese five spice** and cook for 6–8 minutes until softened.



5. ADD THE WALNUT MINCE

Meanwhile, finely chop walnuts. Add to veggies and stir to combine. Stir through **1/2 tbsp soy sauce** and season with **salt and pepper**.



6. FINISH AND PLATE

Divide noodles among shallow bowls. Top with stir fry. Slice chives and chilli and scatter on top.

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**

