



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Mushrooms

Add mushrooms to boost the protein of a dish. They are also one of the few natural food sources of vitamin D – great for strong healthy teeth & bones!



3 Ramen Noodles with Mushrooms

Warm broth served with naturally gluten-free noodles, fresh vegetables and mushrooms.



30 mins



2 servings



Plant-Based

30 July 2021

Delicious additions!

Add 1 tbsp mirin and 1 tsp miso paste to your broth at step 2. Then top your ramen with toasted sesame seeds and thinly sliced spring onions.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES
9g 5g 124g

FROM YOUR BOX

NOODLES	1 packet
GINGER	1/2 piece *
GARLIC	2 cloves
ASIAN GREENS	2 bulbs
MUSHROOMS	200g
CORN COB	1
CARROT	1

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, 1/2 stock cube, soy sauce (or tamari), sugar of choice (we used raw sugar), white wine vinegar

KEY UTENSILS

2 saucepans, large frypan

NOTES

Use sesame oil for extra flavour.



1. COOK THE NOODLES

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

2. SIMMER THE BROTH

Heat a large saucepan over medium-high heat with **oil** (see notes). Peel and grate ginger, crush garlic and add to pan. Add **750 ml water, 2-3 tbsp soy sauce and 1/2 stock cube**. Simmer, covered, for 15 minutes.

3. COOK ASIAN GREENS

Heat a large frypan over medium-high heat with **oil**. Quarter Asian greens and add to pan for 1-2 minutes, char on each side. Remove from pan. Keep pan over medium-high heat for step 4.



4. SAUTÉ MUSHROOMS

Slice mushrooms and add to pan with **oil**. Cook, stirring, for 4-6 minutes.

5. PREPARE VEGETABLES

Remove corn kernels from cob, and thinly slice carrot.

6. FINISH AND PLATE

Season broth with **1 tsp sugar and 2 tsp vinegar**. Ladle broth into bowls. Evenly divide noodles into broth, top with prepared vegetables and Asian greens.

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**

