



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Asian Greens


A great, super versatile vegetable to boost up the nutrition of your dish! They provide good levels of vitamin C and anti-oxidants!



## 1 Ginger Stir-Fry with Noodles

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

 30 minutes

 4 servings

 Plant-Based

24 September 2021

## Spice it up!

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

Per serve: **PROTEIN** 13g **TOTAL FAT** 19g **CARBOHYDRATES** 98g

## FROM YOUR BOX

NOODLES	1 packet
GREEN CAPSICUM	1
YELLOW CAPSICUM	1
ASIAN GREENS	1 bunch
CARROT	1
MUSHROOM BURGERS	2 packets
RED CHILLI	1
GINGER	1 piece

*\*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 capsicums 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 tbsp. Whisk together with **3 tbsp sesame oil, 3 tbsp soy sauce, 2 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](mailto:hello@dinnertwist.com.au)

