



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Sesame Seeds


These tiny seeds are blessed with good protein levels which is one of the key reasons why they are a great add on to your kid's diet! Protein is an important building block of bones, muscles, skin and blood.



1 Sesame King Oyster Mushrooms

Umami packed soup, balanced with zingy fresh ginger, served with pan-fried asian greens, spring onions, thin zucchini and sesame crusted king oyster mushrooms.

 30 mins

 4 servings

 Plant-Based

30 April 2021

Switch it up!

Add 1 tbsp miso paste and your favourite noodles to the soup and you have more of a ramen style dish.

Per serve: **PROTEIN** 10g **TOTAL FAT** 7g **CARBOHYDRATES** 12g

FROM YOUR BOX

GINGER	1 piece
ZUCCHINIS	2
DASHI BROTH	1 jar (250ml)
KING OYSTER MUSHROOMS	2 packets
SESAME SEEDS	1 packet (30g)
ASIAN GREENS	1 bunch
SPRING ONIONS	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

salt and pepper, soy sauce, sesame oil

KEY UTENSILS

large frypan, saucepan

NOTES

If you are in a hurry, heat a second frypan so that you can cook the mushrooms at the same time as the vegetables.

You could season your vegetables with soy sauce or tamari instead of salt.



1. MAKE MISO SOUP

Bring a saucepan with **1.25 litre water** to the boil. Peel and grate ginger, julienne zucchini. Add to pot with dashi broth, simmer for 3–4 minutes. Season with **1 1/2 tbsp soy sauce and pepper**, remove from heat.



2. PREPARE MUSHROOMS

Slice mushrooms lengthways in thick slices. Coat in **sesame oil, salt and pepper**. Tip sesame seeds onto a plate, roll mushroom slices in seeds until each piece is coated.



3. PREPARE GREENS

Halve the Asian greens lengthways, cut spring onions into 5cm pieces, leaving some green tops for garnish.



4. COOK GREENS

Heat a frypan over medium–high heat with **sesame oil** (see notes). Cook Asian greens for 3–4 minutes each side with spring onions. Season with **salt and pepper** (see notes).



5. FRY MUSHROOMS

Reheat frypan over medium–high heat. Cook mushrooms in batches for 2–3 minutes on each side until golden brown. Any sesame seeds left in the plate can be used for garnish.



6. FINISH AND PLATE

Divide miso soup evenly among bowls. Top with cooked greens, mushrooms and garnishes.

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**

