




Product Spotlight: Sesame Seeds


Sesame seeds are considered an excellent source of copper, which helps your body make red blood cells and keeps your immune system healthy.



2 Soy Glazed Mushrooms with Noodle Salad

Button mushrooms with a garlic soy glaze and a ginger dressed konjac noodle salad.

 30 minutes

 4 servings

 Plant-Based

12 October 2020

Spice it up!

You can add something to this recipe that makes it more exciting if you're an adventurous foodie or you want to add a little more excitement to your cooking!

Per serve: **PROTEIN** 12g **TOTAL FAT** 15g **CARBOHYDRATES** 32g

FROM YOUR BOX

GARLIC	1 clove
MUSHROOMS	1 punnet (500g)
GINGER	1 piece
SESAME SEEDS	1 packet (30g)
KONJAC NOODLES	2 packets
GREEN APPLES	2
SPRING ONIONS	1/4 bunch *
CONTINENTAL CUCUMBER	1/2 *
KALE COLESLAW	1 bag (400g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

sesame oil, soy sauce (or tamari), rice wine vinegar, pepper, sugar (of choice)

KEY UTENSILS

saucepan, frypan, stick mixer or blender, kettle

NOTES

If you have time you can toast the sesame seeds before blending for a more fragrant flavour.

If you prefer not to use a blender, stir the sesame seeds through the dressing.

Season the sauce with sugar, salt and pepper to your taste if preferred.



1. MARINATE MUSHROOMS

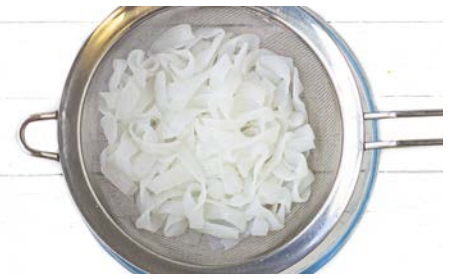
Boil the kettle (see step 3).

Crush garlic clove and combine with **1 tbsp soy sauce, 1/2 tbsp vinegar and 1/2 tsp sugar**. Halve mushrooms and toss until coated. Set aside.



2. MAKE THE DRESSING

Peel and grate ginger to yield 1 tbsp. Blend together with sesame seeds (see notes), **2 tbsp soy sauce, 2 tbsp vinegar, 3 tbsp sesame oil and 3 tbsp water** using a stick mixer or blender (see notes).



3. COOK THE NOODLES

Drain noodles from packets and rinse. Place in a large bowl and cover with boiling water from kettle for 1 minute, or until tender. Drain and rinse under cold water. Set aside.



4. PREPARE THE SALAD

Slice apples, spring onions and cucumber. Toss together with kale coleslaw and prepared dressing.



5. COOK MUSHROOMS

Heat a frypan over medium-high heat. Add mushrooms along with marinade. Cook for 5 minutes until browned. Season with **pepper**.



6. FINISH AND PLATE

Divide noodle salad and mushrooms among bowls.

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**

