



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Mushrooms

Mushrooms are packed with protein, minerals and vitamins and are in fact one of the few natural sources of vitamin D which is great for strong healthy teeth and bones!



## 3 Enoki Mushrooms with Ramen Noodles

Crispy pan-fried enoki mushrooms, tofu and ramen noodles tossed in GH Produce Sesame, Tamari and Desert Lime Dressing, served with chive coleslaw.

 25 mins

 4 servings

 Plant-Based

21 May 2021

## Spice it up!

*Some sliced spring onions, and a sprinkle of dried chilli flakes over the top of your noodles would be a great addition to this dish.*

Per serve: **PROTEIN** 30g **TOTAL FAT** 21g **CARBOHYDRATES** 91g

## FROM YOUR BOX

CHIVES	1/2 bunch *
COLESLAW	1/2 bag *
BABY KING OYSTER MUSHROOMS	1 packet
ENOKI MUSHROOMS	360g
LITE-FRIED TOFU	2 packets
RAMEN NOODLES	1 packet
GH PRODUCE DRESSING	1 bottle

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, white wine vinegar

## KEY UTENSILS

large frypan, saucepan

## NOTES

Use sesame oil if you have any on hand.

If you're in a hurry, grab a second frypan and cook the mushrooms and tofu at the same time.



### 1. PREPARE COLESLAW

Place a saucepan of water over a medium-high heat (see step 4).

Slice chives, toss in a bowl with coleslaw and **1 tbsp vinegar**.



### 2. FRY THE MUSHROOMS

Heat a frypan over medium-high heat with **oil** (see notes). Add baby king oyster mushrooms to pan, cook for 4-5 minutes, remove from pan. Trim enoki mushrooms, add to pan with extra **oil** and cook for 4-5 minutes. Remove from pan.



### 3. WARM THE TOFU

Reheat frypan (see notes) over medium-high heat with **oil**. Cut tofu into smaller pieces and add to pan as you go. Cook turning, for 4-5 minutes.



### 4. COOK THE NOODLES

Add the noodles to your saucepan of boiling water. Cook for 2-3 minutes. Drain the noodles.



### 5. TOSS THE NOODLES

Toss the noodles, mushrooms and tofu with GH Produce Dressing.



### 6. FINISH AND PLATE

Evenly divide noodles and coleslaw among shallow 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](mailto:hello@dinnertwist.com.au)

