



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: KONJAC NOODLES

Konjac noodles are made from a fibre that comes from the root of the konjac plant. They have very little flavour which is great for tossing through a salad with sauce or into a broth!



# 1. PEANUT & LIME NOODLES

## WITH DUMPLINGS

 30 Minutes

 2 Servings

 Plant-based

Shiitake & tofu dumplings with a peanut dipping sauce and stir fry veggie noodles.

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
17g	42g	40g

18 May 2020

## FROM YOUR BOX

KONJAC NOODLES	1 packet
LIME	1
PEANUT BUTTER	2 slugs
MUSHROOM DUMPLINGS	1 packet
GINGER	30g *
ASIAN GREENS	2 bulbs
RED CAPSICUM	1/2 *
CARROT	1
SNOW PEAS	1/2 bag (75g) *
RED CHILLI	1

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking), salt, soy sauce (or tamari), maple syrup, garlic (1 clove)

## KEY UTENSILS

kettle, frypan with lid

## NOTES

If you have some, use sesame or peanut oil in the dressing and for cooking the dumplings.

Make sure to leave the dumplings cooking for 8-9 minutes without turning them as they can be fragile. If you like them golden on both sides, turn them once at the very end and leave for 1-2 minutes to crisp up.



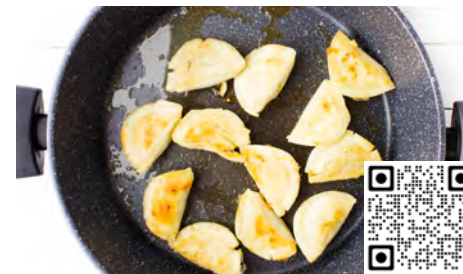
### 1. PREPARE THE NOODLES

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



### 2. PREPARE THE DRESSING

Whisk together 1/2 lime zest and juice, peanut butter, **1 tbsp soy sauce**, **1 tbsp maple syrup**, **2 tbsp oil** and **3 tbsp water** until smooth (see notes). Set aside



### 3. COOK THE DUMPLINGS

Heat a large pan with **1 tbsp oil** and **1/4 cup water** over medium-high heat. Add dumplings, cover and cook for 8-9 minutes (see notes). Remove to a plate and reserve pan.



### 4. PREPARE THE VEGETABLES

Meanwhile, peel and grate ginger to yield 1 tsp. Slice asian greens, capsicum and carrot. Trim and slice snow peas.



### 5. COOK THE VEGETABLES

Reheat frypan over medium-high heat with **oil**. Add vegetables and crush in **1 garlic clove**. Cook for 3-4 minutes until tender. Toss in noodles and 1/2 the dressing. Season with **salt**.



### 6. FINISH AND PLATE

Divide noodles and dumplings among bowls. Garnish with sliced chilli. Serve with remaining sauce for dipping.