



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: GINGER

Ginger has a number of health benefits under its belt! It is considered both anti-inflammatory and immune boosting. Slice any leftover ginger and add to hot water for a nice herbal tea.



# 1. PEANUT & LIME NOODLES

## WITH DUMPLINGS

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

 30 Minutes

 4 Servings

 Plant-based

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
12g	31g	35g

18 May 2020

## FROM YOUR BOX

NOODLES	1 packet
LIME	1
PEANUT BUTTER	2 slugs
MUSHROOM DUMPLINGS	2 packets
GINGER	30g *
ASIAN GREENS	1 bunch
RED CAPSICUM	1
CARROT	1
SNOW PEAS	1/2 bag (125g) *
RED CHILLI	1

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking), salt, soy sauce (or tamari), maple syrup, garlic (2 cloves)

## KEY UTENSILS

saucepan, 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.



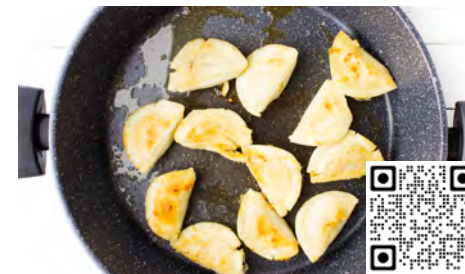
### 1. COOK THE NOODLES

Bring a saucepan of water to boil. Add noodles to simmering water and cook for 3-4 minutes until tender. Drain, rinse and set aside.



### 2. PREPARE THE DRESSING

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



### 3. COOK THE DUMPLINGS

Heat a large pan with **2 tbsp oil** and **1/2 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 **2 garlic cloves**. Cook for 3-4 minutes until tender. Toss in noodles and dressing. Season with **salt**.



### 6. FINISH AND PLATE

Divide noodles and dumplings among bowls. Garnish with sliced chilli.