



Product Spotlight: King Oyster Mushrooms

King oyster mushrooms are a large member of the oyster mushroom family. They can be barbecued, sautéed and slow cooked. They have a meaty texture and rich umami flavour making them a great addition to meat-free meals.



Chewy Noodles with Peanut Butter Sauce

Unctuous udon noodles tossed in a peanut butter sauce, served with ginger sautéed mushrooms, broccolini, fresh topping and a peanut, garlic and chilli drizzle oil.



30 minutes



4 servings



Vegetarian

Speed it up!

If you just want dinner done in a flash skip making the drizzle oil and cook the mushrooms, spring onions, ginger, garlic and broccolini in a frypan together. Roughly chop the peanuts and use as a garnish.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	19g	27g	53g

FROM YOUR BOX

GARLIC CLOVES	3
ROASTED SALTED PEANUTS	80g
SPRING ONIONS	1 bunch
KING OYSTER MUSHROOMS	1 packet
GINGER	1 piece
BROCCOLINI	1 bunch
LEBANESE CUCUMBER	1
SNOW PEAS	150g
PEANUT BUTTER	4 packets
UDON NOODLES	3 packets

FROM YOUR PANTRY

oil for cooking, sesame oil, pepper, soy sauce (or tamari), balsamic vinegar, dried chilli flakes

KEY UTENSILS

large frypan

NOTES

Omit chilli flakes if preferred.

No gluten option – udon noodles are replaced with rice vermicelli noodles. Bring a saucepan of water to a boil. Add noodles and cook for 6–10 minutes until noodles are tender.



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1. MAKE THE DRIZZLE OIL

Boil the kettle. Slice 2 cloves garlic. Heat a large frypan over medium heat with **1/4 cup oil**. Add garlic and cook, stirring, for 3–4 minutes until garlic is just golden. Remove to a bowl. Add roughly chopped **peanuts** and **1–2 tsp chilli flakes** (see notes). Reserve pan.



4. COOK THE BROCCOLINI

Add broccolini and remaining garlic to pan. Cook for 2–3 minutes until broccolini is tender and garlic is browned. Remove and reduce to medium heat for step 5.



2. PREPARE THE INGREDIENTS

Slice **spring onions** and **mushrooms**, roughly chop remaining garlic, peel and grate **ginger**, trim and halve **broccolini**. Thinly slice **cucumber** and **snow peas**.

To make sauce: add 1/2 ginger, **peanut butter**, **2 tbsp soy sauce**, **1 tbsp balsamic vinegar**, **3/4 tbsp sesame oil** and **pepper** to a bowl.



5. COOK NOODLES AND TOSS

Add **noodles** to a bowl and cover with **hot water**. Stand for 2 minutes. Reserve **1 1/2 cups cooking liquid** and drain noodles. Add sauce to reserved pan and whisk to combine. Add noodles and **cooking liquid** (as necessary). Toss to coat noodles.



3. COOK THE MUSHROOMS

Reheat pan over medium-high heat with **oil**. Add mushrooms, spring onions, remaining ginger. Cook for 3–6 minutes until mushrooms begin to brown. Add **1/2 tbsp soy sauce** and cook for a further 2 minutes. Remove and keep pan over heat.



6. FINISH AND SERVE

Divide tossed noodles among bowls (spoon any remaining sauce into bowls). Top with mushrooms, broccolini, cucumber and snow peas. Drizzle over peanut drizzle oil.

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