



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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.



Peanut Butter Noodles

With Chilli Drizzle

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



4/6 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 |
|-----------|---------|-----------|---------------|
| | 21g | 21g | 57g |

FROM YOUR BOX

| | 4 PERSON | 6 PERSON |
|------------------------|-----------|-----------|
| GARLIC CLOVES | 3 | 4 |
| ROASTED SALTED PEANUTS | 80g | 80g + 40g |
| SPRING ONIONS | 1 bunch | 2 bunches |
| KING OYSTER MUSHROOMS | 1 packet | 2 packets |
| GINGER | 1 piece | 2 pieces |
| BROCCOLINI | 1 bunch | 2 bunches |
| LEBANESE CUCUMBER | 1 | 2 |
| SNOW PEAS | 150g | 2 x 150g |
| PEANUT BUTTER | 4 packets | 5 packets |
| UDON NOODLES | 3 packets | 4 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.

6P – use 3 cloves garlic and 1/3 cup oil.



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**, **mushrooms**, **cucumber** and **snow peas**. Chop **garlic**, grate **ginger**, and halve **broccolini**. For the sauce, mix **1/2 ginger**, **peanut butter**, **2 tbsp soy sauce**, **1 tbsp balsamic vinegar**, **3/4 tbsp sesame oil** and **pepper** in a bowl.

6P – use 2 1/2 tbsp soy sauce, 1 1/2 tbsp balsamic vinegar, 1 tbsp sesame oil.



5. COOK NOODLES AND TOSS

Add **noodles** to a bowl, cover with hot water and stand 2 mins. Reserve **1 1/2 cups cooking liquid**, then drain. Add **sauce** to pan, whisk, then toss in **noodles** and **cooking liquid** as needed to coat.

6P – reserve 2 cups cooking liquid.



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.

6P – add 1 tbsp soy sauce.



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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