



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Teriyaki Mushroom Noodles

Egg noodles tossed with golden button mushrooms and broccoli in a rich teriyaki sauce, topped with crispy fried shallots.



30 minutes



Vegetarian



4/6 servings

FROM YOUR BOX

	4 PERSON	6 PERSON
EGG NOODLES	300g	300g + 150g
TERIYAKI SAUCE	2 sachets	3 sachets
BROCCOLI	1	2
SPRING ONIONS	1 bunch	2 bunches
MUSHROOMS	2 x 200g	3 x 200g
FRIED SHALLOTS	1 packet	2 packets

FROM YOUR PANTRY

sesame oil, cornflour

NOTES

Add a fried or soft-boiled egg on top for extra protein.

No gluten option – egg noodles are replaced with GF rice noodles.

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1. COOK THE NOODLES

Cook **noodles** in boiling water according to packet instructions. Drain and toss with a drizzle of **sesame oil** to prevent sticking. Set aside.

TIP *Toss noodles with a little sesame oil straight after draining to keep them from clumping.*

2. PREPARE THE SAUCE AND VEGETABLES

Whisk together **1 tsp cornflour**, **teriyaki sauce**, **1 tbsp sesame oil** and **1/2 cup water**. Cut **broccoli** into florets. Slice **spring onions** into 4cm lengths.

6P – whisk 1 1/2 tsp cornflour, 1 1/2 tbsp sesame oil, teriyaki sauce and 3/4 cup water to make the sauce.

TIP *Prepare sliced capsicum, Asian greens, baby corn or tofu if you want to add more to the stir fry.*

3. COOK THE STIR FRY

Heat **sesame oil** in a large frypan or wok over high heat. Slice and add **mushrooms** and cook for 2 minutes until browned. Add **broccoli** and **spring onions** and cook for a further 3 minutes. Pour in **sauce** and simmer for 1–2 minutes until thickened. Add **noodles** and toss well to combine.

4. FINISH AND SERVE

Divide **noodles** and **mushroom stir-fry** among bowls. Garnish with **fried shallots**.

TIP *Add a drizzle of sriracha, sweet chilli or extra sesame oil at the table for extra flavour.*

This recipe has simplified instructions to help lower your meal cost.