




Product Spotlight: Mushrooms


Mushrooms are packed with protein, minerals and vitamins and are in fact one of the few natural sources of vitamin D which is great for strong healthy teeth and bones!



3 Enoki Mushrooms and Boiled Egg Ramen Noodles

Crispy pan-friend enoki mushrooms with naturally gluten-free noodles, tossed in GH Produce Sesame, Tamari and Desert Lime Dressing, served with chive kaleslaw.

 25 mins

 2 servings

 Vegetarian

21 May 2021

Spice it up!

Instead of boiling the eggs, you could poach or fry them, feel free to cook them whichever way you prefer.

Per serve: **PROTEIN** 39g **TOTAL FAT** 20g **CARBOHYDRATES** 152g

FROM YOUR BOX

ENOKI MUSHROOMS	360g
CHIVES	1/2 bunch *
KALESRAW	1/2 bag (200g) *
FREE RANGE EGGS	6
RAMEN NOODLES	1 packet
GH PRODUCE DRESSING	1 bottle

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, white wine vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

Use sesame oil if you have any on hand.

Protein upsize add-on option is 250g lite fried tofu. Heat a frypan over medium-high heat with oil, cut the tofu into smaller cubes, add to the pan as you go. Cook for 2-3 minutes on each side until warmed through.

You can cook these in the pan before cooking the mushrooms, remove from pan, then add all together in step 5.



1. FRY THE MUSHROOMS

Heat a frypan over medium-high heat with **oil** (see notes). Trim enoki mushrooms, add to pan and cook for 4-5 minutes.



2. PREPARE KALESRAW

Slice chives, toss in a bowl with kaleslaw and **1 tbsp vinegar**.



3. BOIL THE EGGS

Place eggs in a saucepan, cover with cold water. Bring the water to a simmer over medium heat. Once the water begins to simmer, put a timer on for 4 minutes for soft boiled eggs (or 6+ minutes for hard boiled).



4. COOK THE NOODLES

Reheat saucepan with water over high heat, bring to a boil. Add in noodles and cook for 2-3 minutes. Drain the noodles.



5. TOSS THE NOODLES

Toss the noodles and mushrooms with GH Produce Dressing.



6. FINISH AND PLATE

Evenly divide noodles and kaleslaw among shallow bowls. Remove shell from eggs and slice in half over the top of noodles.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

