




### 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 coleslaw.

 25 mins

 4 servings

 Vegetarian

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## 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** 23g **TOTAL FAT** 10g **CARBOHYDRATES** 80g

## FROM YOUR BOX

BABY KING OYSTER MUSHROOMS	300g
ENOKI MUSHROOMS	360g
CHIVES	1/2 bunch *
COLESLAW	1/2 bag *
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, olive oil, salt and pepper, 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.



### 1. FRY THE MUSHROOMS

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



### 2. PREPARE COLESLAW

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



### 3. BOIL THE EGGS

Place eggs in a saucepan and 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 coleslaw 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](mailto:hello@dinnertwist.com.au)

