



### Product Spotlight: Ginger

Ginger has several health benefits under its belt! It is considered both anti-inflammatory and immune boosting. Slice any leftover ginger and add to hot water for a delicious herbal tea.





### Spice it up!

*Use sesame oil to dress the noodles and cook the stir-fry for added flavour. If you don't have any Chinese five-spice you can flavour the stir-fry with oyster sauce or hoisin sauce.*

# Chow Mein Noodles with Walnut Mince

Five-spice stir-fried mushrooms and cabbage with walnut mince served on a bed of turmeric rice noodles and dressed with ginger and soy.

 30 minutes

 4 servings

 Plant-Based

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	14g	15g	82g

## FROM YOUR BOX

TURMERIC RICE NOODLES	2 packets
WHITE CABBAGE	1/2
RED ONION	1
CARROT	1
SLICED MUSHROOMS	1 punnet
WALNUTS	1 packet (80g)
GINGER	1 piece
LIME	1
CHIVES	1 bunch
RED CHILLI	1

## FROM YOUR PANTRY

sesame oil, Chinese five spice, soy sauce or tamari

## KEY UTENSILS

large frypan, saucepan

## NOTES

Rinse the noodles again under cold water before dressing them if they are stuck together.



### 1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add noodles to boiling water and cook according to packet instructions. Drain and rinse in cold water.



### 2. PREPARE THE VEGETABLES

Slice cabbage and onion. Slice carrots into crescents. Set aside with mushrooms.



### 3. COOK THE VEGETABLES

Heat a frypan over medium-high heat with **sesame oil**. Add prepared vegetables along with **2 tsp Chinese five-spice** and cook for 6-8 minutes until softened.



### 4. ADD THE WALNUT MINCE

Meanwhile, finely chop walnuts. Add to vegetables and stir to combine. Season with **1-2 tsp soy sauce** to taste. Take off heat.



### 5. DRESS THE NOODLES

Peel and grate ginger. Combine with lime juice, **2 tbsp soy sauce** and **2 tbsp sesame oil**. Toss together with cooked noodles (see notes).



### 6. FINISH AND SERVE

Divide noodles among bowls. Top with stir-fry. Slice chives and chilli, use to garnish.

**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)

