

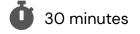




Chow Mein Noodles

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.







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.

TOTAL FAT CARBOHYDRATES

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)
WALNUTS GINGER	1 packet (80g)
GINGER	1 piece
GINGER	1 piece

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 chill, 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



