




### Product Spotlight: Mushrooms


Mushrooms are full of protein, minerals and vitamins, and they are one of the few natural sources of vitamin D, which is good for strong, healthy teeth and bones!



## Crispy Egg Banh Mi with Sautéed Mushroom and Wedges

A delicious vegetarian version of the Vietnamese staple, this banh mi is packed with sautéed mushrooms, zingy sauce, pickled veggies, and crispy fried eggs served with sweet potato wedges.

 30 minutes

 4 servings

 Vegetarian

17 February 2023

## Switch it up!

Switch up the fried eggs for a shredded omelette. Scan the QR code for detailed instructions on how to make a shredded omelette.



Per serve: **PROTEIN** 23g **TOTAL FAT** 36g **CARBOHYDRATES** 78g

## FROM YOUR BOX

SWEET POTATOES	800g
LEBANESE CUCUMBERS	2
CARROT	1
BUTTON MUSHROOMS	1 bag (300g)
WHOLEMEAL BREAD ROLLS	4-pack
CORIANDER	1 packet
GREEN CHILLI	1
FREE-RANGE EGGS	12
CHIPOTLE AND LIME AIOLI	1 packet
BEANSHOOTS	1 bag (250g)

## FROM YOUR PANTRY

oil for cooking, salt, pepper, white vinegar, sugar (of choice), 1 garlic clove

## KEY UTENSILS

large frypan, oven tray

## NOTES

Use a non-metallic bowl to pickle. Metal bowls can react with the pickling liquid and leave a metallic taste.

Remove seeds from chilli for a milder flavour.

**No gluten option - wholemeal bread rolls are replaced with gluten-free buns.**



### 1. ROAST THE WEDGES

Set oven to 220°C.

Cut sweet potatoes into wedges. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes, or until tender and golden.



### 4. PREPARE THE COMPONENTS

Cut rolls in half. Toast in oven for 2–4 minutes until crunchy.

Pick coriander leaves and finely chop stems. Thinly slice chilli (see notes).



### 2. PICKLE THE VEGETABLES

In a non-metallic bowl (see notes) whisk together **1/4 cup vinegar, 2 tbsp water, 1 tsp salt and 1 tsp sugar**. Ribbon cucumbers and julienne or ribbon carrot. Add to bowl and toss to coat. Set aside.



### 3. SAUTÉ THE MUSHROOMS

Heat a large frypan over medium-high heat with **oil**. Slice mushrooms and crush **garlic clove**. Add to pan as you go. Sauté for 4–6 minutes until mushrooms are tender. Season with **salt and pepper**. Remove from pan and set aside.



### 5. FRY THE EGGS

Re-heat frypan over medium-high heat with **2 tbsp oil**. Crack eggs into pan (cook in batches if necessary) and cook to your liking.



### 6. FINISH AND SERVE

Drain pickled vegetables.

Divide rolls among plates. Fill with aioli, mushrooms, pickled vegetables, bean shoots and fried eggs. Garnish with chilli and serve with wedges.

**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**

