



Shiitake Mushroom Lo Mein

with Snow Peas



20-30min



2 Portions

Want an easy dinner that's nutritious, satisfying and speedy? Well look no further! Stir-fries are all about fast flavour and this one is no exception. Packed full of crunchy vegetables and wholesome egg noodles, this dinner for two will be on the table in under 30 minutes.

What we send

- shiitake sauce mix ¹¹
- dry egg noodles ^{1,3}
- Swiss brown mushrooms
- Chinese five-spice
- long red chilli
- snow peas
- red capsicum
- carrot
- shiitake mushrooms
- garlic
- onion

What you'll require

- soy sauce ⁶
- sugar
- vegetable oil

Utensils

- Colander
 - Kettle
 - medium saucepan
 - wok or deep frying pan
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Egg (3), Soy (6), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 655.0kcal, Fat 19.0g, Proteins 24.0g, Carbs 90.3g



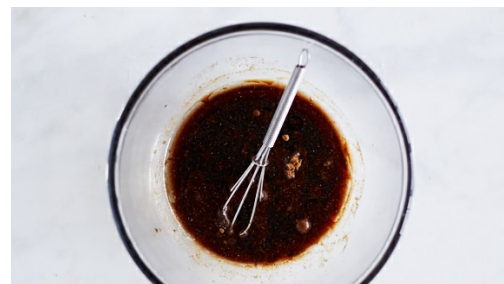
1. Prepare ingredients

Halve and thinly slice the **onion**. Slice the **garlic**. Trim and slice the **mushrooms**. Cut the **carrots** into matchsticks (alternatively, shred the carrots using an Asian vegetable shredder). Deseed and thinly slice the **capsicum**. Trim the **snow peas** and halve. Thinly slice the **chilli**, removing seeds for less heat. Bring a kettle to the boil for the noodles.



4. Cook noodles

Meanwhile, pour the boiling water into a medium saucepan and bring to the boil. Add the **noodles** and cook for 4 mins or until al dente. Use a fork to separate the noodles. Drain well and set aside.



2. Make sauce

Combine the **shiitake sauce**, **Chinese five-spice**, 60ml (¼ cup) **soy sauce** and 1 tsp **sugar** in a small bowl.



5. Add mushrooms

Add the **mushrooms** to the wok and stir-fry for 2 mins. Add the **snow peas** and **capsicum** and stir-fry for a further 1 min or until almost tender.



3. Start stir-fry

Heat 2 tbs **oil** in a wok over medium-high heat. Stir-fry the **garlic** and half the **chilli** for 30 secs or until fragrant. Add the **onion** and **carrot** and stir-fry for 3 mins or until beginning to soften.



6. Get ready to serve

Add the **sauce** and bring to a simmer. Add the **noodles** and toss through until hot and well coated with the sauce. Heap into warmed dishes to serve. Garnish with the remaining **chilli**.