

Asian Mushroom Noodles with Ginger Garlic Sauce



Enjoy a quick and light weeknight dinner full of amazing nutrients from these delicious mixed wild mushrooms, topped off with a delicious oriental vinegar dressing.

Ingredients

4 eggs

500 g dried wheat noodles or fresh rice noodles

1 bunch bok choy, quartered lengthwise

1/3 cup sesame oil

500 g mixed Asian mushrooms (such as king oyster, enoki, oyster and shiitake)

2 garlic cloves, crushed

1 tbsp black sesame seeds

1 garlic clove, crushed

2 tbsp rice vinegar

1 tbsp soy sauce
2 tsp each sesame oil, chilli oil and finely grated ginger
1 tsp caster sugar

Method:

1. Place eggs in a medium saucepan and cover with cold water. Bring to the boil over high heat and then reduce heat to medium. Simmer for 3 minutes, and then remove pan from heat and set aside to allow eggs to cool.
2. Cook the noodles according to packet instructions, then drain and refresh in cold or iced water. Chill until ready to use.
3. Blanch bok choy in a saucepan of boiling salted water for 30 seconds, then drain and refresh in cold or iced water. Chill until ready to use.
4. For the dressing, combine all the ingredients in a bowl and set aside.
5. Heat 2 tbsp sesame oil in a large frypan over high heat. Add half the mushrooms, then season and cook for 3 minutes or until slightly charred.
6. Add garlic and cook for 30 seconds or until fragrant, then transfer to a bowl. (If using enoki mushrooms, cook separately for 1 minute.) Repeat with remaining 2 tbsp oil and mushrooms.
7. Divide noodles among 4 bowls.
8. Peel the eggs and cut in half. Top each bowl with bok choy, mushrooms and an egg.
9. Drizzle with dressing and sprinkle with sesame seeds to serve.