







More Than Food  
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## Asian Mushroom Broth with Udon Noodles

Our dream is that every recipe is a mini adventure into the kingdom of cooking. Broth is super trendy at the moment and mushrooms will never go out of fashion - so André has added some udon noodles to the mix to make this a HelloFresh special. MMMmm!



30 mins



healthy



veggie



vegan



3 of your  
5 a day



spicy



Chestnut Mushrooms  
(1 punnet)



Ginger  
(1½ tbsp)



Garlic Clove  
(1)



Red Curry Paste  
(1 tbsp)



Water  
(500ml)



Enoki Mushrooms  
(1 punnet)



Coriander  
(1 bunch)



Spring Onion  
(3)



Soy Sauce  
(1½ tbsp)



Rice Vinegar  
(1 tbsp)



Udon Noodles  
(200g)



White Sesame Seeds  
(1 tbsp)



Baby Spinach  
(½ bag)

## 2 PEOPLE INGREDIENTS


- Chestnut Mushrooms, quartered **1 punnet**
- Ginger, grated **1½ tbsp**
- Garlic Clove, grated **1**
- Red Curry Paste **1 tbsp**
- Water **500ml**
- Enoki Mushrooms **1 punnet**
- Coriander, chopped **1 bunch**

- Spring Onion, sliced **3**
- Soy Sauce **1½ tbsp**
- Rice Vinegar **1 tbsp**
- Udon Noodles **200g**
- White Sesame Seeds **1 tbsp**
- Baby Spinach **½ bag**

**Allergens:** Soya, Gluten, Sesame

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	489 kcal / 2050 kJ	8 g	2 g	83 g	8 g	19 g	3 g
Per 100g	92 kcal / 386 kJ	2 g	0 g	16 g	1 g	4 g	1 g

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Elegant bouquets of enoki mushrooms are known as 'snow puffs' in their native Japan.

**Red Curry Paste Ingredients:** Glucose Syrup, Water, Spices (Garlic, Coriander, Paprika, Chilli), Vegetable Oil, Salt, Lime Juice Powder, Sugar, Tomato Powder, Onion Extract, Red Cabbage Extract.



**1** Quarter the **chestnut mushrooms**. Peel and grate the **ginger** and **garlic**.



**2** Heat a saucepan over medium heat and add a glug of **oil**. When the **oil** is hot, pop in your **chestnut mushrooms** and cook for 5 mins until nicely browned. Add your **ginger**, **garlic** and **red curry paste** to the pan and cook for 1 minute more. Pour in the **water** (amount specified in the ingredient list) and bring to the boil.



**3** When it comes to the boil, turn the heat to low and cook for 10 mins. This is the base of your broth! As it simmers away, finish off the rest of your prep. Remove the bottoms from the **enoki mushrooms**, pull them apart to separate them and keep to one side. Separate the **stalks** from the **leaves** of the **coriander** and finely chop them both. Add your **coriander stalks** to your **broth** and keep your **leaves** until later.



**4** Remove the roots from the **spring onion** and slice widthways as thinly as you can. Pour the **soy sauce** and **rice vinegar** into a bowl and mix in your **spring onion**. Keep to one side.

**5** Once your **broth** has been simmering for 10 mins, pop the **udon noodles** in and cook on low heat for a further minute to make sure they are hot.

**6** In the meantime, heat a frying pan over medium-low heat and add the **sesame seeds**. Cook for 2 mins without oil, stirring every now and then to make sure they colour evenly. Remove them from the pan when they are golden brown.

**7** Take your **broth** off the heat and get ready to serve! Pop a handful of raw **spinach leaves** into the bottom of each bowl and ladle your hot **broth** into the bowls. Make sure you evenly share out your **noodles** and **chestnut mushrooms**! Top with your raw **enoki mushrooms** and sprinkle over your **coriander leaves**.

**8** Finish your **broth** by spooning over your **soy sauce**, **rice vinegar**, **spring onion mix** and your **toasted sesame seeds**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!