

# Longevity Noodles with Mushrooms (长寿面条用蘑菇)



Wish your parents long life with this dish created from turmeric and shiitake!

Our handmade organic noodles contain 20% fresh organic turmeric purée. This golden root is a renowned anti-inflammatory, soothing muscle aches and joint pains and improving circulation.

Shiitake mushrooms with their umami flavour add deliciousness to any dish. They are anti-microbial and boost the immune system, which grows weaker with age. They lower cholesterol and help prevent plaque accumulation.

Stir-fried in the 'Olive oil of the East', organic, cold-pressed camellia seed oil, and with the 'Long Life' symbolism of our lovingly crafted noodles, this dish is truly worthy to wish your parents longevity and good health!

Credits: Ceri, Zenxin master chef

## Key facts:

**Preparation: 10 mins**

**Cooking time: 12 mins + 7 mins**

**Total: 29 mins**

**Serves: 6**

## Ingredients:

### Noodle dressing

1 cup of Simply Natural organic fermented black bean sauce (light)

1/3 cup organic balsamic vinegar

20g Organic camellia seed oil

150g Organic brown onions, finely chopped

100g Organic Japanese sweet Choy Sum, finely chopped

100g Organic shiitake mushrooms

220g Organic chestnut mushrooms

Simply Natural organic fermented black bean sauce (thick)

1 pkt Simply Natural organic handmade turmeric noodles

A drizzle of organic toasted sesame oil

1 organic carrot, thin parings

1 organic Japanese cucumber, thin parings

## Method:

1. Mix the noodle dressing and set aside, excess can be stored in the fridge.
2. Add the oil to the pot, followed by the chopped onions. Stir fry until onions become transparent, then add the Japanese sweet choy sum.
3. Add in the shiitake and chestnut mushrooms and continue to stir fry until the mushrooms are cooked.
4. Add Simply Natural organic fermented black bean sauce (thick) to taste, stir, set aside and keep warm.
5. Boil water in a separate pot and cook noodles for 7 mins.
6. Drain noodles and drizzle them with organic toasted sesame oil.
7. Add the noodle dressing to taste, mixing gently.
8. Serve the noodles topped with the mushrooms and garnished with parings of carrot and Japanese cucumber.