

# NOODLES WITH TERIYAKI MUSHROOMS

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2 persons / 395 kcal per serving

## Ingredients

- 124 grams wok noodles
- 3 tablespoons soy sauce
- 1 teaspoon fresh ginger
- ½ tablespoon sherry medium dry
- 1 teaspoon (light) brown sugar
- 1 clove of garlic
- 250 grams mushrooms
- 2 spring onions
- 2 eggs
- ½ tablespoon oil



## Preparation:

Clean the mushrooms with a brush. Cut the mushrooms into slices. Boil the eggs for 7 minutes cut them in half. Grate the fresh ginger. Chop the garlic clove. Mix the ginger, garlic, sugar, sherry and soy sauce in a bowl. Pour oil into the wok and fry the mushroom slices for 3-4 minutes. Pour in the sauce and fry for a few more minutes. Meanwhile, cut the spring onion into rings. Bring a large pan of water to a boil, add the wok noodles, boil for 2 minutes. Drain the noodles and serve with mushrooms, egg and teriyaki sauce. Garnish with the spring onion.

## Nutritional value per portion:

Energy:	395 kcal
Protein:	17.3 grams
Carbohydrates:	44.4 grams
- including sugars:	2.3 grams
Fat:	15.4 grams
Fiber:	3.3 grams
Salt:	3.3 grams