

## What's in the Bag

1 yellow onion  
4 cloves garlic  
1 sweet pepper  
3 medium carrots  
4 green onions  
30 g shiitake mushrooms  
50 g spinach  
1 (400g) bag sweet potato vermicelli  
seasoning (soy sauce (contains  
gluten), sesame oil, maple syrup,  
black pepper)

## What's Not

cooking oil  
salt