



U C O O K

— COOKING MADE EASY

Miso-Glazed Butternut

with soba noodles, crispy kale, fresh lime & sesame seeds

A celebration of flavours: salty, sweet, sour, and umami. Roast butternut glazed in a mix of Japanese miso and coconut sugar, adorning a bed of noodles and edamame beans doused in sesame oil, lime, ginger, and soy sauce.

Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Tess Witney

 **Vegetarian**

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Ingredients & Prep

250g	Butternut <i>rinsed, deseeded & sliced into half-moons</i>
80g	Kale <i>rinsed & roughly shredded</i>
15ml	Coconut Sugar
5ml	Miso Paste
25ml	Sesame-Soy <i>(10ml Sesame Oil & 15ml Low Sodium Soy Sauce)</i>
1	Lime <i>zested & cut into wedges</i>
10g	Fresh Ginger <i>peeled & grated</i>
5ml	Chilli Flakes
7.5ml	White Sesame Seeds
50g	Soba Noodles
40g	Edamame Beans

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. THE BEGINNINGS OF THE BUTTERNUT... Preheat the oven to 200°C. Spread out the butternut half-moons on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes. Place the shredded kale in a bowl with a drizzle of oil and some seasoning. Using your hands, gently massage until softened and coated.

2. A BIETJIE PREP To make the miso glaze, place the coconut sugar in a bowl with the miso paste and 1 tsp of oil. Mix well and set aside. In a separate bowl, combine the sesame-soy sauce, the juice of 2 lime wedges, and the grated ginger. Add 1 tsp of a sweetener choice and half of the chilli flakes (or to taste). Mix until combined and set aside for step 5. Place the sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

3. AT THE HALFWAY MARK... Remove the tray from the oven and flip the butternut. Using a pastry brush or spoon, coat in the miso glaze. Return to the oven for the remaining cooking time until sticky, browned, and cooked through.

4. GET THAT KALE CRISPY When the butternut has 8 minutes remaining, scatter the kale over the tray. Return to the oven and cook for the remaining time until crispy.

5. NOODLE TIME Boil the kettle. Place a pot for the noodles over a high heat. Fill with boiling water and add a pinch of salt. Once bubbling rapidly, cook the noodles for 6-8 minutes until tender. In the final minute, pop in the edamame beans to heat through. Drain on completion and run under cold water to stop the cooking process. Return to the pot and toss through the spicy sesame-soy sauce until well coated.

6. BOWL IT & EAT IT! Make a scrumptious bed of noodles and edamames and top with the crispy kale. Lay over the glazed butternut and sprinkle over the toasted sesame seeds. Finish off with the remaining chilli flakes if you'd like the extra spice, and serve with the remaining lime wedges. Grubs up!



Chef's Tip

Miso is a traditional Japanese seasoning made by fermenting soybeans and is used for sauces, spreads, pickling, soups, and broths. It's high in protein and vitamins and also has a unique flavour profile with salty, sweet, earthy, fruity, and savory elements.

Nutritional Information

Per 100g

Energy	510kJ
Energy	122Kcal
Protein	4.3g
Carbs	19g
of which sugars	4.3g
Fibre	3.1g
Fat	3.5g
of which saturated	0.5g
Sodium	235mg

Allergens

Gluten, Sesame, Wheat, Soy

Cook
within
4 Days