



UCCOOK

Saucy Miso Mushrooms & Noodles

with cabbage & spring onions

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Veggie: Serves 3 & 4

Chef: Olivia Johnstone

Wine Pairing: Stettyn Wines | Stettyn Family Range
Babelki Brut Rosé

Nutritional Info

	Per 100g	Per Portion
Energy	491kJ	1915kJ
Energy	118kcal	458kcal
Protein	4.1g	16.1g
Carbs	23g	89g
of which sugars	2.3g	9.1g
Fibre	2.5g	9.7g
Fat	2g	7.8g
of which saturated	0.7g	2.9g
Sodium	529mg	2060mg

Allergens: Gluten, Allium, Wheat, Sulphites, Soy

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Vegetable Stock Sachets
2	2	Spring Onions <i>rinse, trim & finely slice</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
2	2	Garlic Cloves <i>peel & grate</i>
2	2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
190g	250g	Button Mushrooms <i>wipe clean & roughly slice</i>
45ml	60ml	Low Sodium Soy Sauce
225g	300g	Flat Rice Noodles
60ml	80ml	Miso Paste
225g	300g	Cabbage & Julienne Carrots
125g	125g	Shimeji Mushrooms <i>trim & separate</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. IT'S ALL ABOUT THE BASE Boil a full kettle. Place a pot over medium heat with 900ml [1,2L] of hot water. Mix in the veg stock, ½ the spring onions, the ginger, the garlic, the chilli (to taste), the mushrooms and the soy sauce. Submerge the rice noodles in the liquid and simmer until the noodles are cooked through, 12-15 minutes (stirring occasionally).

2. MMMISO In a bowl, loosen the miso with warm water in 5ml increments until pouring consistency. Set aside.

3. COLOURFUL VEGGIES Remove the pot from the heat and stir in the loosened miso (to taste). While still hot, mix through the cabbage, carrots and shimenji mushrooms to warm through.

4. SIP & SAVOUR Bowl up the delicious mushrooms and noodles. Garnish with the remaining spring onions.