



Vegetable Miso Broth with Rice Noodles

Miso is a traditional Japanese food which is used to give meals some extra bite or Umami. The Japanese appreciate five tastes as compared to the Western world's four tastes. Western chefs refer to tastes such as sweet, sour, salty and bitter when cooking. The Japanese on the other hand include Umami as a fifth taste which represents a moreish, savoury taste!

Ingredients

- Mushrooms
- Asparagus
- Spring Onion
- Baby Corn
- Carrot
- Tenderstem Broccoli
- Ginger Thumb
- Fresh Coriander
- Soy Sauce
- Rice Noodles
- Miso Paste

Your Pantry

- Sweet Chilli Sauce

Nutritional Info

Calories: 245 kcal
Carbohydrates: 72 g
Protein: 10 g
Fat: 3 g

Allergens

[Soybeans \(Soy Sauce, Miso Paste\)](#)
[Wheat \(Soy Sauce\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Prepare the vegetables

Slice the mushrooms. Slice the asparagus into 3cm pieces and discard the end 1cm from the stem. Thinly slice the spring onion. Cut the baby corn in half lengthways. Peel and thinly slice the carrot and the ginger.

2) Make the noodles

Cook the noodles in a pan of boiling salted water for 4-6 min. When they're done, drain and set aside in a bowl until serving.

3) Cook the vegetables

Put 250 ml of water per person and the ginger in a saucepan and bring to a boil. Reduce to a simmer and add the miso paste. When dissolved, add the baby corn, carrot, mushrooms, broccoli and asparagus and simmer for 3 minutes. Next, add the soy sauce, half the coriander and half the spring onions. Cook for 1 minute more.

4) Plate the dish

Pour the hot broth containing the vegetables over the noodles. Garnish with the remaining spring onions and coriander. Optional: Drizzle a small amount of sweet chilli sauce over the noodles once plated.



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