

- RECIPE -

Ginger Miso Noodles with Eggplant

INGREDIENTS

Serves 3-4

- 1 Tbsp of olive oil for the pan
- 400g packet extra firm tofu, cubed
- 1½ cups of sliced eggplants
- 1½ cups of sliced mushrooms
- ½ cup chopped scallions
- 270 grams soba noodles
- 2 handfuls of green vegetables
- Sesame seeds, for garnish on top
- Sesame oil, for drizzling on top

Sauce:

- 2 Tbsp miso paste
- 2 Tbsp honey
- 2 Tbsp mirin (or sake, or rice vinegar)
- 1 tsp minced garlic
- 1 tsp minced ginger
- ¾ cup low sodium veggie broth

METHOD

1. Cook noodles according to package directions, or until al dente. Set aside. If the noodles are done before the rest of your components are ready, toss them with a little sesame oil while you drain them so they don't stick together.
2. Mix together all sauce ingredients, set aside.
3. Prepare your tofu by slicing and draining it on some paper towels. Dab the tofu to remove excess water.
4. Cook the tofu. Heat oil in a large skillet. Get your pan screaming hot and add the tofu. Leave it for 30 seconds or a minute, then toss it around, stir frying for a few more minutes until it is nice and golden. Remove the tofu from the pan, set aside.
5. Cook the eggplant and mushrooms. Using the same pan as the tofu (wipe out any burnt parts), add some more oil, add in the mushrooms and eggplant. Add a little splash of the sauce (save the rest). Stir fry until browned and soft.
6. Turn the heat to low and add noodles to the pan and drizzle in more of the sauce to your liking. Add the tofu back into the pan, a few handfuls of greens and toss everything together.
7. Remove from heat and serve, finishing with a drizzle of sesame oil and a sprinkle of sesame seeds.



Soba is the Japanese name for buckwheat.

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