VEGETARIAN • WEEKNIGHT • 30 MINUTES

Miso Butter Soba Noodles

INGREDIENTS

- 200 g dried soba noodles
- 2 tbsp white miso paste
- 2 tbsp unsalted butter
- 1 tbsp soy sauce
- 1 tsp rice vinegar
- 1 tsp toasted sesame oil
- 2 spring onions, thinly sliced
- 1 tbsp toasted sesame seeds
- 1 soft-boiled egg per serving (optional)
- Chilli oil, to taste

NUTRITION (per serving)

- 420 kcal
- 14g protein
- 12g fat
- 62g carbohydrate

METHOD

1. Bring a large pot of water to a boil. Cook the soba noodles according to the package instructions, usually 4–5 minutes.
2. While the noodles cook, whisk together the miso paste, soy sauce, rice vinegar and sesame oil in a small bowl until smooth.
3. Drain the noodles, reserving 3 tbsp of the starchy cooking water.
4. Return the empty pot to low heat and melt the butter. Add the miso mixture and the reserved cooking water, stirring to combine into a smooth sauce.
5. Add the drained noodles back to the pot and toss to coat evenly in the sauce, using tongs to separate any clumps.
6. Divide between bowls. Top with spring onions, sesame seeds, and a soft-boiled egg if using.
7. Finish with a drizzle of chilli oil to taste and serve immediately.

SWAP IT

Out of soba? Udon or even spaghetti work in a pinch — the miso butter sauce is forgiving of whatever noodle you have on hand.