



**Product Spotlight:
Miso Paste**

Traditionally from Japan, this salty ingredient is made from fermented soy beans (or rice / barley) that are ground into a thick paste. It has a savoury, umami flavour and comes in a variety of shades from light to dark.



Creamy Miso Mushroom Pasta

A comforting pasta featuring sautéed mushrooms and leek tossed in a savoury miso sauce made creamy with almonds, finished with baby spinach and fresh thyme.



30 minutes



Plant-Based



4/6 servings

Bulk it up!

You can bulk this dish up with broccoli, kale or roast pumpkin and sweet potato to make extra serves.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g/33g	15g/19g	74g/111g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
GRAIN PASTA	400g	2 x 400g
LEEK	1	1
ALMOND MEAL	80g	80g + 40g
WHITE MISO PASTE	100ml	100ml + 50ml
BUTTON MUSHROOMS	300g	300g + 150g
DRIED FOREST MUSHROOMS	20g	2 x 20g
THYME	1 packet	1 packet
BABY SPINACH	2 x 60g	2 x 60g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

large frypan, saucepan, stick mixer or blender

NOTES

Leeks can be extra sandy. Rinse the sliced leek in a colander or strainer before adding to the pan.



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1. COOK THE PASTA

Bring a saucepan of water to a boil. Add **pasta** and cook according to packet instructions or until al dente. Reserve **2 cups cooking water** before draining.

6P - Cook 1 1/2 packets pasta. Reserve 3 cups cooking water.



2. SAUTÉ THE LEEK

Thinly slice **leek** (see notes). Heat a large frypan over medium heat with **2 tbsp olive oil**. Add **leek** and cook for 10 minutes until softened.

3. BLEND THE MISO SAUCE

Meanwhile, Use a stick mixer or blender to blend **almond meal, miso paste** and **1 cup water** until smooth. Set aside.

6P - Use 1 1/2 cups water.



4. SAUTÉ THE VEGETABLES

Add **2 tbsp olive oil** to frypan. Increase heat to medium-high. Slice and add **mushrooms**, cook for 5 minutes Add **dried forest mushrooms, 1 tbsp thyme leaves, miso sauce** and **2 cups reserved pasta water**. Simmer for 3 minutes.

6P - add 3 cups reserved pasta water.



5. TOSS THE PASTA

Add **baby spinach** and cook stirring until wilted. Add cooked **pasta** and stir to combine. Loosen with more water if needed. Season to taste with **salt and pepper**.

6. FINISH AND SERVE

Divide **pasta** among bowls. Garnish with **thyme leaves**.



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