



### 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.



## Japanese Miso Carbonara with Udon Noodles

A Japanese-inspired twist on a classic, pairing a creamy umami-rich miso sauce with chewy udon noodles, crispy bacon, and sliced mushrooms. Served with a crisp apple salad.



30 minutes



2 servings



Pork

### Jazz it up!

*You can finish this dish with some grated parmesan or pecorino if you have some. Thinly slice a seaweed seed snack and sprinkle on top for a more authentic flavour at the end!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	56g	89g

## FROM YOUR BOX

UDON NOODLES	2 packets
BABY COS LETTUCE	1
GREEN APPLE	1
STREAKY BACON	100g
BUTTON MUSHROOMS	150g
SPRING ONIONS	1 bunch
MISO PASTE	1 packet
COOKING CREAM	300ml
MIXED SESAME SEEDS	1 packet

## FROM YOUR PANTRY

olive oil, pepper, rice wine vinegar

## KEY UTENSILS

large frypan, saucepan

## NOTES

You can use apple cider or white wine vinegar instead of rice wine vinegar.

You can use all the miso paste and cooking cream if you prefer a saucier carbonara.

**No gluten option** – udon noodles are replaced with GF pasta. Cook according to packet instructions.



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### 1. COOK THE NOODLES

Bring a saucepan of water to boil. Add **noodles** to boiling water and gently loosen with tongs. Cook for 3 minutes. Reserve **1/4 cup cooking water** before draining. Set aside.



### 2. PREPARE THE SALAD

Whisk together **1/2 tbsp vinegar**, **1/2 tbsp olive oil** (see notes).

Rinse and roughly tear **lettuce leaves**. Slice **apple**. Toss together and set aside.



### 3. COOK THE BACON

Slice **bacon**, **mushrooms** and **spring onions**. Heat a frypan over medium-high heat. Add bacon and cook for 5 minutes until crisp. Add mushrooms and spring onions and cook for 5 minutes.



### 4. SIMMER THE SAUCE

Stir in **miso paste** and **3/4 cup cooking cream** until combined. Simmer for 2 minutes until thickened.



### 5. TOSS THE NOODLES

Toss in cooked noodles until coated. Season well with cracked **black pepper**. Add reserved cooking water to loosen if needed.



### 6. FINISH AND SERVE

Garnish noodles with **sesame seeds** and reserved spring onion tops. Drizzle dressing over salad and serve alongside noodles.

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