



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



4/6 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
4/6 Person:	27g/31g	35g	82g/90g

FROM YOUR BOX

	4 PERSON	6 PERSON
UDON NOODLES	4 packets	6 packets
GEM LETTUCE	3-pack	3-pack
GREEN APPLE	1	2
STREAKY BACON	200g	200g + 100g
BUTTON MUSHROOMS	300g	300g + 150g
SPRING ONIONS	1 bunch	2 bunches
MISO PASTE	1 packet	2 packets
COOKING CREAM	300ml	300ml
MIXED SESAME SEEDS	1 packet	2 packets

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.

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 **1/2 cup cooking water** before draining. Set aside.



4. SIMMER THE SAUCE

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

6P – use **1 1/2 packet miso**, and more to taste.



2. PREPARE THE SALAD

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

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



5. TOSS THE NOODLES

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



3. COOK THE BACON

Meanwhile, 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.



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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