

Miso mushroom coconut noodles

Learn how to make delicious miso mushroom coconut noodles with this simple recipe.

Tasks

Do the preparation task first. Then watch the video and do the exercises. Remember you can read the transcript at any time.

Preparation task

Match the definitions (a–h) with the vocabulary (1–8).

Vocabulary

1. a kettle
2. comfort food
3. miso
4. to slice
5. to sauté
6. to plate up
7. to stir
8. a sprinkle

Definition

- a. a paste made from soya beans and salt, often used in Japanese cooking
- b. to cut something into thin, flat pieces
- c. a container used for heating water
- d. to cook food quickly in a small amount of oil or fat
- e. to mix food by moving a spoon in a circular motion
- f. food that people eat to feel good, often when they are sad or worried
- g. a few pieces or drops of something
- h. to put food on individual plates to serve to people

Tasks

Task 1

Write a number (1–8) to put the steps of the recipe in the correct order.

_____ Cook the mushrooms.

_____ Add the miso.

_____ Start to cook the noodles.

_____ Slice the mushrooms.

_____ Add the coconut milk and peanut butter.

_____ Add the spring onions.

_____ On the plate, add more spring onions, fresh chilli and sesame seeds.

_____ Add a little bit of lime juice then some cayenne pepper.

Task 2

Complete the sentences with words from the box.

peanut butter	mushrooms	miso	coconut milk
noodles	spinach	cayenne pepper	lime

1. Boil the kettle and put your on to cook.
2. Add about half a can of
3. Sauté the until they are soft.
4. Add two big teaspoons of
5. Add a sprinkle of for heat.
6. The adds sweetness and makes the dish lighter.
7. Brown rice has a saltier flavour than white miso.
8. You could add other vegetables, like

Discussion

Would you like to try these noodles? What is your favourite comfort food?

Transcript

So tonight we have the ultimate Sunday night supper: creamy coconut milk peanut butter miso mushroom noodles. They're unreal! You've got to make them.

So, they're super, super easy. All you do is you want to slice up a pack of mushrooms and a couple of spring onions and then just boil the kettle and put your noodles on to cook. And then we're just gonna sauté the mushrooms, just a little bit of oil and salt and pepper, let them soften two minutes or so, and then we'll add a little bit of sesame oil – just adds a lovely flavour. Again, just let that cook for a minute and then we're gonna start to make it so good. So we're gonna add about half a can of coconut milk and then two really generous teaspoons of peanut butter – the more peanut butter, the better – and then that, stir that in and you'll see it getting really nice and thick and creamy.

So, the mushrooms are really nice and soft now, so we're gonna add the next bits. First we're gonna add a little bit of lime juice. I think the lime juice just adds a bit of sweetness that's quite nice and makes ... it's quite a kind of creamy, thick, heavy dish, perfect, sort of, Sunday night supper or comfort food, but the lime just lightens it a teeny bit. So I've just added half a lime – you can add a little bit more at the end if you like. And then we're gonna add just a tiny bit of cayenne pepper just for a little bit of heat, but if you don't like spice, don't worry and, again, you can adjust that. Just a little sprinkle, and then we're gonna add a teaspoon of miso and this just gives such a nice thick flavour. So, I'm using brown rice miso, which I prefer in something like this. I think it has a saltier flavour than the white miso, which is a little bit sweeter. So I'm just gonna stir this in. It will help it get even thicker and creamier. And you can add other veg to this as well as mushrooms – um, some spinach in here would be really yummy as well. Just before you're about to finish, just add your spring onions, just let them cook for a minute or so. And then when you're plating it up, it's just nice to add a couple more spring onions, a little bit of that fresh chilli and sesame seeds, just for a bit more colour and texture.

So, here it is. So creamy, peanut butter coconut miso mushroom noodles, um, but you could swap the peanut butter for almond butter as well if you'd rather. And I just couldn't recommend it more. It will literally take you ten minutes. I'm obsessed; I've just been eating the whole thing out the pan while we perfect the final dish and ... yeah, excuse me, I'm literally, I'm so excited about it. It's just the mushrooms go so soft and everything's so creamy and the noodles are so, like, ah! Just make it, tell me what you think, and make sure to come back next week, six o'clock, for bean chilli.

I'm sorry – best thing in the world, right here.