



Mushroom & noodle miso broth

Preparation: 10 minutes

Cooking: 20 minutes Serves: 4

1 /4cup miso paste*
6 cups water
6 medium (about 500g) flat mushrooms,
trimmed & thinly sliced
400g fresh udon noodles
2 tbs soy sauce
1 bunch English spinach, trimmed, washed,
dried & shredded

1. To make the miso broth, blend the miso paste & 1/2cup water in a small bowl to form a smooth paste. Place the miso mixture, remaining water & mushrooms into a large saucepan. Stir well to combine & cook, stirring occasionally, over medium-high heat until the broth comes to the boil. Reduce the heat to medium-low & simmer, stirring occasionally, for 10 minutes or until the mushrooms are tender.
2. Meanwhile, place the noodles into a large heatproof bowl & cover with boiling water. Leave to stand for 5 minutes or until tender. Drain & separate the noodles. Set aside.
3. Stir the soy sauce & spinach into the miso & mushroom mixture & cook, stirring constantly, for 1 minute or until the spinach just wilts.
4. To serve, place the noodles into warm serving bowls. Ladle the hot broth over the noodles & serve immediately.

Note: Miso is a Japanese bean paste made from fermented soy beans. It is available from Asian food stores & selected supermarkets.