

Sage and Miso Noodles with Mushrooms and Spinach

Ingredients

4 king mushrooms
1 tbsp sunflower or olive oil
3 big handfuls spinach
20 sage leaves
2 tbsp olive oil (optional – can use water instead)
2 tbsp miso
2 cloves garlic
1 onion diced
½ cup vegan sprinkle <https://www.veets.com.au/blog/non-dairy-sprinkles>
250 g Pad Thai Noodles
Juice ½ lemon
Salt and pepper to taste

Method

1. Cut the stem of the king mushrooms into 2 cm rounds and make horizontal lines going one way in the mushroom round and then the other way (like a noughts and crosses grid). Do that on both sides.
2. Place the sunflower oil in a frying pan and cook the mushrooms on both sides. Remove from frying pan and place in an oven to keep warm on 80°C.
3. Sauté the spinach in the pan and also keep warm in the oven.
4. Cook the noodles to packet instructions. While they are cooking place the olive oil, sage and onion in a wok and cook until onion is almost soft. Add the garlic and stir for a few minutes then stir in the miso, lemon juice and the sprinkle. You can add a few spoons of water if the miso starts to stick.
5. When the noodles are cooked stir them into the miso mixture in the wok until all coated. Add the spinach and mushrooms.



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