

Miso Tofu Shirataki Noodles

with Roasted Eggplant & Nasturtium Leaves

We're going gourmet here, with tofu shirataki noodles and roasted, chopped eggplant served in a complex mixture of miso, honey and soy sauce. Though they resemble fettuccine pasta, tofu shirataki are specialty noodles made from tofu and a type of Asian yam. The long, cascading noodles ("shirataki" means "white waterfall" in Japanese) are deliciously bouncy and light. Topped with elegant and peppery nasturtium leaves, this dish makes a special occasion of any night.



Ingredients

16 Ounces Tofu Shirataki Noodles

1 Pound Eggplant

1 Red Onion

Knick Knacks

2 Tablespoons Honey

2 Tablespoons Soy Sauce

2 Teaspoons Sesame Oil

1 Bunch Nasturtium Leaves

1 Tablespoon Rice Wine Vinegar

¼ Cup Peanuts

¼ Cup White Miso Paste

Makes 2 Servings

About 505 Calories Per Serving

Cooking Time: 35 to 45 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/591

1



Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Drain and rinse the noodles. Cut off and discard the stem end of the eggplant; halve the eggplant lengthwise. Using the tip of your knife, carefully slice a shallow, diagonal crosshatch into the cut side of each half (without slicing through to the skin). Roughly chop the peanuts. Peel the onion and cut into 1-inch wedges. In a small bowl, combine the **honey, soy sauce, sesame oil, vinegar** and **miso paste**; stir to combine.

2



Roast the eggplant:

Place the **eggplant** on a sheet pan, cut sides up; season with salt and pepper. Spread **1/3 of the miso mixture** over the tops. Roast 25 to 27 minutes, or until browned and very tender. Remove from the oven and set aside to cool slightly.

3



Chop the eggplant:

When cool enough to handle, using a spoon, scoop out the flesh of the **roasted eggplant**; transfer to a cutting board and discard the skins. Finely chop the eggplant until it resembles a coarse puree.

4



Cook the onion:

In a large pan, heat 2 teaspoons of oil on medium-high until hot. Add the **onion**; cook, stirring frequently, 3 to 5 minutes, or until softened and lightly browned.

5



Add the eggplant & noodles:

Add the **chopped eggplant, remaining miso mixture** and **1/3 cup water** to the pan of onion. Cook, stirring frequently, 30 seconds to 1 minute, or until well combined. Add the **noodles** and cook, stirring occasionally, 2 to 3 minutes, or until well combined and the sauce has slightly thickened. Remove from heat and season with salt and pepper to taste.

6



Plate your dish:

Divide the **finished eggplant and noodles** between 2 dishes. Garnish with the **peanuts** and **nasturtium leaves**. Enjoy!