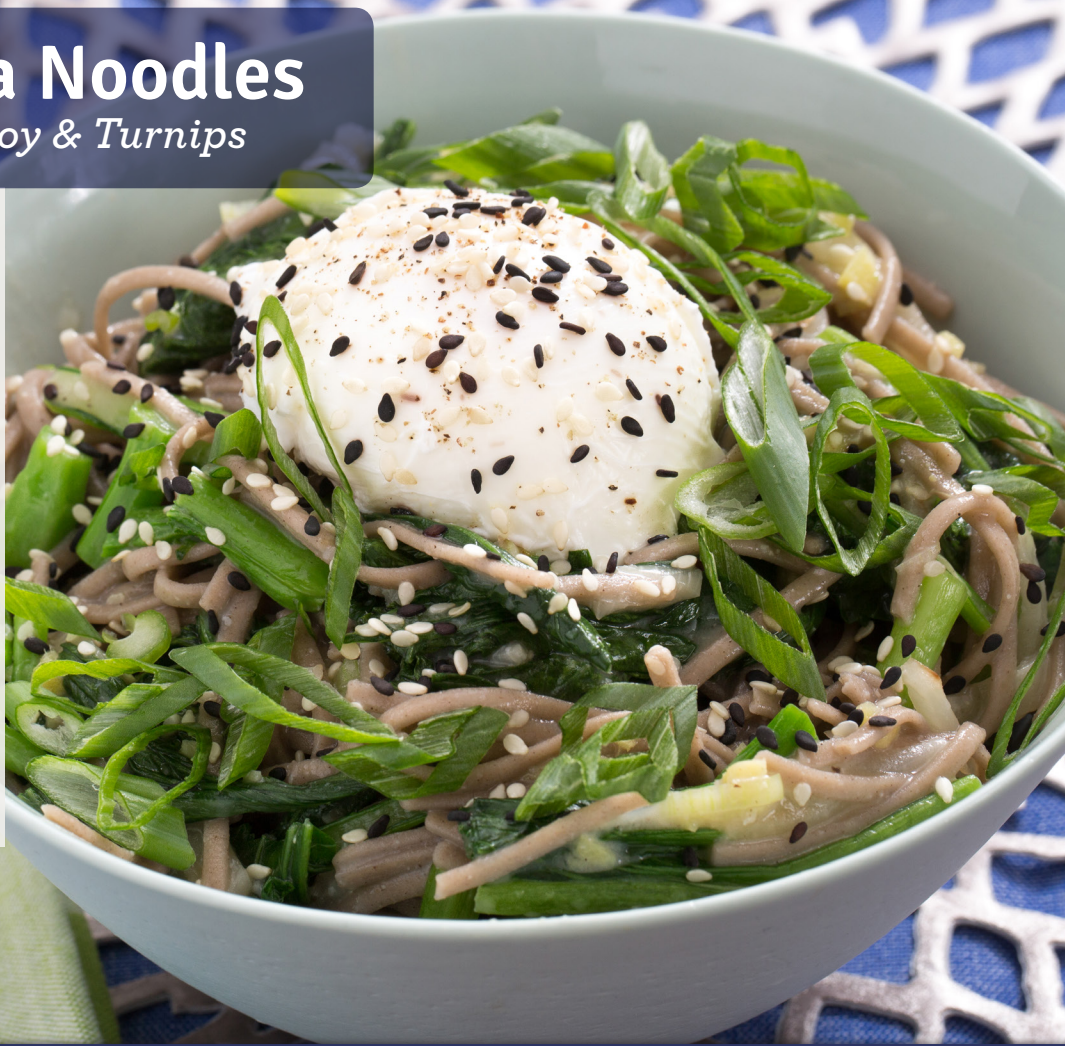


# Shiro Miso Soba Noodles

*with Poached Eggs, Yu Choy & Turnips*

In this recipe, we're tackling a culinary favorite: poached eggs. Tender and pillowy with a silky finish, poached eggs are a wonderful addition to many dishes, and the simple technique used to make them should be in every chef's arsenal. Here, you'll use the poached eggs to top a bowl of dressed soba noodles. In the dressing, you'll use a special kind of miso called "shiro." It's lightly fermented and rich in umami—the perfect base for the flavors of this dish.



## Ingredients

- 2 Farm Eggs
- 8 Ounces Soba Noodles
- 3 Cloves Garlic
- 2 Scallions
- 1 Bunch Yu Choy
- 1 Purple Top Turnip

## Knick Knacks

- 2 Tablespoons Shiro Miso Paste
- 2 Tablespoons Sweet Soy Sauce
- 1 1-Inch Piece Ginger
- 1 Tablespoon Rice Vinegar
- 1 Teaspoon Black & White Sesame Seeds

Makes 2 Servings

About 525 Calories Per Serving

Cooking Time: 25 to 35 minutes



For cooking tips & tablet view, visit [blueapron.com/recipes/534](https://blueapron.com/recipes/534)

Recipe #534



1



### Prepare the ingredients:

Wash and dry the fresh produce. Heat 2 medium pots of water to boiling on high. Peel and mince the garlic and ginger. Cut off and discard the root ends of the scallions. Thinly slice the white bottoms; slice the green tops on an angle. Remove and discard the very ends of the yu choy stems; roughly chop the yu choy. Peel the turnip and cut into matchsticks. Crack the eggs into 2 separate small bowls.

2



### Cook the turnip & aromatics:

In a medium pan, heat 2 teaspoons of oil on medium-high until hot. Add the **turnip**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until slightly softened. Add the **garlic, white bottoms of the scallions and ginger**. Cook, stirring frequently, 2 to 3 minutes, or until softened and fragrant.

3



### Add the yu choy:

Add the **yu choy** to the pan of turnip and aromatics. Cook, stirring constantly, 2 to 3 minutes, or until wilted. Transfer to a bowl and set aside in a warm place.

4



### Cook the soba noodles:

Add the **soba noodles** and a **big pinch of salt** to one of the pots of boiling water. Cook, stirring occasionally, 4 to 6 minutes, or until al dente (still slightly firm to the bite). Reserve **½ cup of the noodle cooking water**; drain thoroughly. Transfer the noodles to the bowl of cooked vegetables. While the noodles cook, in a medium bowl, combine the **miso paste, sweet soy sauce, reserved noodle cooking water** and **half of the vinegar**; whisk until thoroughly combined. Pour the **miso mixture** over the cooked vegetables and noodles; toss to thoroughly combine. Set aside.

5



### Poach the eggs:

Add the **remaining vinegar** to the second pot of boiling water. Reduce the heat to low and simmer. Using a circular motion, gently stir the water to create a whirlpool and carefully add the **eggs** one at a time. Cook 3 to 4 minutes, or until the whites are set. Using a spoon, carefully transfer to a paper towel-lined plate.

6



### Plate your dish:

Divide the **finished vegetables and noodles** between 2 bowls. Top each with a **poached egg**. Garnish with the **sesame seeds** and **green tops of the scallions**. Enjoy!