



Low-Cal Miso-Tahini Udon Salad

with Blistered Asparagus & Scallions



ca. 20min



2 Servings

The dynamic duo of miso and tahini gives this dish a deeply nutty-umami flavor that really packs a punch. Blistering the asparagus and scallions keeps them vibrant green and crisp-tender and adds a slightly smoky flavor thanks to the gentle char they get in the hot skillet. Tender udon noodles are coated in the dressing to make for a light but satisfying meal perfect for warm weather evenings.

What we send

- 1 oz fresh ginger
- ½ lb asparagus
- 3 oz scallions
- 1.8 oz miso sauce ^{1,4,6}
- 1 oz tahini ¹¹
- 1 oz rice vinegar
- ½ oz honey
- 7 oz udon noodles ¹
- 2½ oz edamame ⁶

What you need

- kosher salt & ground pepper
- neutral oil

Tools

- medium pot
- microplane or grater
- medium skillet

Allergens

Wheat (1), Fish (4), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 640kcal, Fat 18g, Carbs 101g, Proteins 21g



1. Prep ingredients

Bring a medium pot of **salted water** to a boil. Peel and finely grate **half of the ginger** into a large bowl. Trim bottom 2-inches from **asparagus**, then cut into 1-inch pieces. Trim **scallions**, then thinly slice 1 scallion on an angle (reserve for step 6). Cut **remaining scallions** into 1-inch pieces.



4. Cook noodles & edamame

Add **noodles** to boiling water and cook, stirring, until almost tender, about 3 minutes. Add **edamame** to pot and continue cooking until noodles are just tender and edamame is warmed through, 2-3 minutes. Reserve **¼ cup cooking water**, then drain. Rinse noodles under warm water and drain well.



2. Make dressing

To large bowl with **grated ginger**, add **miso sauce, tahini, rice vinegar**, and **honey**; whisk to combine.



5. Toss noodles

Add **blistered asparagus and scallions, noodles**, and **3 tablespoons of the cooking water** to large bowl with **dressing** and toss gently to combine. Season to taste with **salt and pepper**.



3. Blister vegetables

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **asparagus** and **1-inch scallion pieces**; cook, stirring often, until asparagus is bright green and vegetables are blistered, about 5 minutes. Remove from heat and season to taste with **salt and pepper**.



6. Finish & serve

Serve **noodles** topped with **reserved sliced scallions**. Enjoy!