



Miso-Glazed Tofu

with Udon Noodles & Eggplant



30min



2 Servings

Ramen gets all the hype these days but let's not overlook its underrated cousin, udon. These thick wheat noodles have a soft, slightly chewy texture and mild flavor that makes them just the right base for bold sauces, like the one here made with tamari, butter, scallions, and aromatic basil. Crispy eggplant and tofu coated with a tangy-sweet miso glaze give the dish amazing textural (and flavor) contrast.

What we send

- 1 pkg udon noodles ¹
- 1 pkg extra-firm tofu ⁶
- ½ lb eggplant
- 1 oz scallions
- garlic (use 1 large clove)
- 1 oz white miso ^{1,6}
- ¼ oz fresh basil
- ½ oz tamari in fish-shaped pod ⁶

What you need

- kosher salt & pepper
- neutral oil, such as canola
- butter ⁷
- white wine vinegar (or apple cider vinegar) ¹⁷
- sugar

Tools

- large saucepan
- colander
- rimmed baking sheet
- small skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

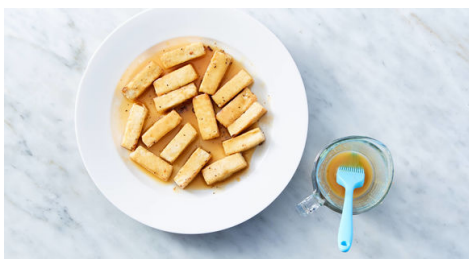
Nutrition per serving

Calories 670kcal, Fat 23g, Carbs 89g, Proteins 30g



1. Cook udon noodles

Bring a large saucepan of **salted water** to a boil. Add **udon noodles** to boiling water and cook, stirring occasionally to prevent clumping, until just tender, about 5 minutes. Reserve **¼ cup noodle water**, then drain and toss noodles with **1 teaspoon oil** in colander to prevent them from sticking. Reserve saucepan for step 5.



4. Make miso glaze

In a small skillet, whisk to combine **miso**, **1 tablespoon butter** and **2 tablespoons each water, vinegar, and sugar** over medium-high. Bring to a boil. Season to taste with pepper. Reduce to medium, and cook, stirring, until reduced to ¼ cup, 2-3 minutes. Remove from heat, and brush **glaze** all over **tofu**. Pick **basil leaves** from stems, discard stems; finely chop leaves.



2. Prep ingredients

Preheat broiler with a rimmed baking sheet on top rack 6 inches from heat source. Pat **tofu** very dry, halve lengthwise, then cut crosswise into 1-inch thick slabs. Trim **eggplant**, halve lengthwise then cut into ½-inch thick half-moons. Trim **scallions**, then thinly slice on an angle. Peel and finely chop **1 teaspoon garlic**.



5. Finish noodles

Melt **1 tablespoon butter** in reserved saucepan over medium-high. Add **garlic** and **half of the scallions**; cook, stirring, until fragrant, about 30 seconds. Whisk in **tamari** and **reserved noodle water**; bring to a boil. Remove from heat, add **noodles, eggplant**, and **basil**; toss to combine. Season to taste with **salt** and **pepper**.



3. Broil tofu & eggplant

Drizzle preheated baking sheet generously with **oil**, then carefully transfer **tofu** and **eggplant** in a single layer to baking sheet (it will sizzle). Season with **pepper**, then drizzle with **more oil**. Broil on top oven rack until browned on both sides, flipping once halfway, 8-10 minutes for eggplant and 12-15 minutes for tofu. Drain both on a paper towel-lined plate.



6. Serve

Serve **udon noodles** and **eggplant** topped with **miso-glazed tofu** and **remaining scallions**. Enjoy!