

Miso Udon Noodles

Ingredients

1 1/2 T Miso Paste
2 T Peanut Butter
1 t Sesame Oil
2 c Chicken Broth
1 Udon Noodle (pack)
1 Egg
1 c Spinach
1/4 c Green Onions

Instructions

1. Place the miso paste, peanut butter and sesame oil in a small saucepan. Add half the chicken broth and whisk until smooth and well combined. Then mix in the remaining chicken broth. Place over high heat, cover and bring to a simmer.
2. Remove the lid and drop the udon noodles into the broth. Cook for about 2 minutes, using chopsticks to help loosen them up.
3. Turn the heat down to low so the broth is just gently simmering. Crack the egg into a small bowl, then carefully pour it into the broth. Let it poach gently for 2-3 minutes until the white is set and the yolk is still soft.
4. Carefully place the baby spinach into the broth, doing your best not to disturb the egg. Cook for another 30 seconds, just until wilted.

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5. Transfer everything into a bowl. Top with green onions. Eat immediately!