

# Butter Miso Pasta

Recipe recommended by ANISSA LEE  
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## MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	860kj	10%
Energy (kcal)	205kcal	10%
Fat	8.9g	13%
of which saturates	4.5g	23%
Carbohydrate	25g	10%
of which sugars	1.7g	2%
Fibre	1.8g	7%
Protein	5.6g	11%
Salt	0.07g	1%

Generated by Nutritics v5.61 on 22/082022

### INGREDIENTS: (Serves 2 - 396 kcal per 193g serving)

250g Linguine pasta, raw (**GLUTEN**)  
2 Tablespoon Butter, unsalted (**MILK**)  
70g Mushroom, white, sliced  
25g Miso paste (**GLUTEN**) (**SOYA**)  
1 Tablespoon Sesame seeds (**SESAME**)  
Black pepper to taste

### OPTIONAL EXTRAS:

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### METHOD:

1. Boil the pasta for 10 minutes and set aside 4 tablespoon of pasta water to use later.
2. Heat 1 tablespoon of butter in a pan and cook the mushrooms for 5 minutes or until lightly browned.
3. Add the miso paste, 1 tablespoon of butter and pasta water to the mushrooms. Stir until a thick sauce forms.
4. Pour in the pasta and season with black pepper.
5. Serve with sesame seeds on top and enjoy!

### ALLERGENS



SOYA



GLUTEN



SESAME



MILK

### MODIFY

Substitute white pasta for wholegrain or legume pasta for added protein and fibre

Stir in extra veggies

### CREDIT

Recipe by: Anissa Lee  
Photo by: Anissa Lee