Learn how to make delicious miso mushroom coconut noodles with this simple recipe.

Tasks
Do the preparation task first. Then watch the video and do the exercises. Remember you can read the transcript at any time.

Preparation task
Match the definitions (a–h) with the vocabulary (1–8).

<table>
<thead>
<tr>
<th>Vocabulary</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. ...... a kettle</td>
<td>a. a paste made from soya beans and salt, often used in Japanese cooking</td>
</tr>
<tr>
<td>2. ...... comfort food</td>
<td>b. to cut something into thin, flat pieces</td>
</tr>
<tr>
<td>3. ...... miso</td>
<td>c. a container used for heating water</td>
</tr>
<tr>
<td>4. ...... to slice</td>
<td>d. to cook food quickly in a small amount of oil or fat</td>
</tr>
<tr>
<td>5. ...... to sauté</td>
<td>e. to mix food by moving a spoon in a circular motion</td>
</tr>
<tr>
<td>6. ...... to plate up</td>
<td>f. food that people eat to feel good, often when they are sad or worried</td>
</tr>
<tr>
<td>7. ...... to stir</td>
<td>g. a few pieces or drops of something</td>
</tr>
<tr>
<td>8. ...... a sprinkle</td>
<td>h. to put food on individual plates to serve to people</td>
</tr>
</tbody>
</table>

Tasks

Task 1
Write a number (1–8) to put the steps of the recipe in the correct order.

_______ Cook the mushrooms.
_______ Add the miso.
_______ Start to cook the noodles.
_______ Slice the mushrooms.
_______ Add the coconut milk and peanut butter.
_______ Add the spring onions.
On the plate, add more spring onions, fresh chilli and sesame seeds. Add a little bit of lime juice then some cayenne pepper.

**Task 2**

Complete the sentences with words from the box.

<table>
<thead>
<tr>
<th>peanut butter</th>
<th>mushrooms</th>
<th>miso</th>
<th>coconut milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>noodles</td>
<td>spinach</td>
<td>cayenne pepper</td>
<td>lime</td>
</tr>
</tbody>
</table>

1. Boil the kettle and put your __________________________ on to cook.
2. Add about half a can of __________________________.
3. Sauté the __________________________ until they are soft.
4. Add two big teaspoons of __________________________.
5. Add a sprinkle of __________________________ for heat.
6. The __________________________ adds sweetness and makes the dish lighter.
7. Brown rice __________________________ has a saltier flavour than white miso.
8. You could add other vegetables, like __________________________.

**Discussion**

Would you like to try these noodles? What is your favourite comfort food?
Transcript

So tonight we have the ultimate Sunday night supper: creamy coconut milk peanut butter miso mushroom noodles. They're unreal! You’ve got to make them.

So, they’re super, super easy. All you do is you want to slice up a pack of mushrooms and a couple of spring onions and then just boil the kettle and put your noodles on to cook. And then we’re just gonna sauté the mushrooms, just a little bit of oil and salt and pepper, let them soften two minutes or so, and then we’ll add a little bit of sesame oil – just adds a lovely flavour. Again, just let that cook for a minute and then we’re gonna start to make it so good. So we’re gonna add about half a can of coconut milk and then two really generous teaspoons of peanut butter – the more peanut butter, the better – and then that, stir that in and you’ll see it getting really nice and thick and creamy.

So, the mushrooms are really nice and soft now, so we’re gonna add the next bits. First we’re gonna add a little bit of lime juice. I think the lime juice just adds a bit of sweetness that’s quite nice and makes ... it’s quite a kind of creamy, thick, heavy dish, perfect, sort of, Sunday night supper or comfort food, but the lime just lightens it a teeny bit. So I’ve just added half a lime – you can add a little bit more at the end if you like. And then we’re gonna add just a tiny bit of cayenne pepper just for a little bit of heat, but if you don’t like spice, don’t worry and, again, you can adjust that. Just a little sprinkle, and then we’re gonna add a teaspoon of miso and this just gives such a nice thick flavour. So, I’m using brown rice miso, which I prefer in something like this. I think it has a saltier flavour than the white miso, which is a little bit sweeter. So I’m just gonna stir this in. It will help it get even thicker and creamier. And you can add other veg to this as well as mushrooms – um, some spinach in here would be really yummy as well. Just before you’re about to finish, just add your spring onions, just let them cook for a minute or so. And then when you’re plating it up, it’s just nice to add a couple more spring onions, a little bit of that fresh chilli and sesame seeds, just for a bit more colour and texture.

So, here it is. So creamy, peanut butter coconut miso mushroom noodles, um, but you could swap the peanut butter for almond butter as well if you’d rather. And I just couldn’t recommend it more. It will literally take you ten minutes. I’m obsessed; I’ve just been eating the whole thing out the pan while we perfect the final dish and ... yeah, excuse me, I’m literally, I’m so excited about it. It’s just the mushrooms go so soft and everything’s so creamy and the noodles are so, like, ah! Just make it, tell me what you think, and make sure to come back next week, six o’clock, for bean chilli.

I’m sorry – best thing in the world, right here.
Answers

Preparation task
1. c
2. f
3. a
4. b
5. d
6. h
7. e
8. g

Task 1
1. Slice the mushrooms.
2. Start to cook the noodles.
3. Cook the mushrooms.
4. Add the coconut milk and peanut butter.
5. Add a little bit of lime juice then some cayenne pepper.
6. Add the miso.
7. Add the spring onions.
8. On the plate, add more spring onions, fresh chilli and sesame seeds.

Task 2
1. noodles
2. coconut milk
3. mushrooms
4. peanut butter
5. cayenne pepper
6. lime
7. miso
8. spinach