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Miso Soup and Soba Noodles

with Baby Bok Choy and Snow Peas



20-30min



2 Servings

This soup is sure to put some Spring in your step! The broth is full of aromatic garlic and ginger, and flavor boosters like tamari and mirin, giving it oodles of flavor, not to mention its oodles of noodles. Soba noodles to be precise, which are traditional Japanese noodles made from buckwheat flour. Snow peas and bok choy are added just at the end to retain their vibrant color and crisp textu...

What we send

- garlic
- soba noodles
- fresh basil
- fresh ginger
- snow peas
- baby bok choy
- mirin

What you need

- coarse kosher salt
- sugar

Tools

- fine-mesh sieve

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

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 614.0kcal, Fat 24.0g, Proteins 18.3g, Carbs 85.3g



1. Prep ingredients

Bring a medium saucepan of **salted water** to a boil over high. Peel and thinly slice **ginger** and **3 large cloves garlic**. Stack ginger slices, then cut into thin matchsticks. Cut **bok choy**, crosswise, into ½-inch ribbons. Rinse under cold water to remove any excess dirt. Trim ends from **snow peas**, then halve crosswise.



4. Cook noodles

Add $\frac{2}{3}$ of the **soba noodles** (save rest for own use) to boiling salted water. Cook, stirring frequently, until noodles are just tender, 7-8 minutes. Drain and rinse under cold water.



2. Make garlic-ginger oil

In a 2nd medium saucepan, heat **2 tablespoons oil**, and **half each of the sliced garlic and ginger** (reserve rest for step 3) over medium-high. Cook until garlic and ginger are golden, 1-2 minutes. Immediately transfer to a small bowl and reserve saucepan for step 3.



5. Add miso

Put **miso** into a small bowl and whisk in $\frac{1}{2}$ **cup hot broth** until smooth. Pour **miso broth mixture** back into saucepan with soup and stir to combine. Add **bok choy** and **snow peas** to **soup**, and simmer until vegetables are bright green and crisp tender, 1-2 minutes.



3. Make broth

Heat **1 tablespoon oil** in same saucepan over medium-high. Add **remaining garlic and ginger** and cook until garlic is golden, 1-2 minutes. Add **tamari, mirin, 3 cups water**, and **1½ teaspoons sugar**. Bring to a boil, reduce heat to low, and simmer, covered, about 10 minutes.



6. Finish & serve

Divide **noodles** between bowls and ladle **broth** and **vegetables** over top. Garnish with a **drizzle of ginger-garlic oil** and torn **basil leaves**. Enjoy!