

Miso mushroom coconut noodles

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.

Preparation task

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

Vocabulary

1. a kettle
2. comfort food
3. miso
4. to slice
5. to sauté
6. to plate up
7. to stir
8. a sprinkle

Definition

- a. a paste made from soya beans and salt, often used in Japanese cooking
- b. to cut something into thin, flat pieces
- c. a container used for heating water
- d. to cook food quickly in a small amount of oil or fat
- e. to mix food by moving a spoon in a circular motion
- f. food that people eat to feel good, often when they are sad or worried
- g. a few pieces or drops of something
- h. to put food on individual plates to serve to people

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.

peanut butter	mushrooms	miso	coconut milk
noodles	spinach	cayenne pepper	lime

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?

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