

INGREDIENTS

- 1kg pumpkin (deseeded, cut into wedges)
- 1/4 cup mirin seasoning
- 2 tbsp white miso paste
- 1 tbsp rice wine vinegar
- 3/4 tsp wasabi paste
- 1 tsp honey
- 90g dried soba noodles
- 350g piece beef fillet steak
- 200g snow peas (trimmed, halved diagonally, blanched)
- 1/4 cup pickled ginger or pickled chillies to taste
- 2 spring onions, thinly sliced diagonally
- TO SERVE
- Radish or pea sprouts (optional)

INSTRUCTIONS

1. Preheat oven to 200°C. Place pumpkin on an oven tray. Drizzle with olive oil and season with a little salt and pepper. Roast for 10 minutes
2. Whisk together the mirin, miso, vinegar, wasabi, and honey in a bowl. Drizzle 1 1/2 tbsp of the mirin mixture over the pumpkin. Return to the oven to roast, turning once, for 20-25 minutes, until golden and tender
3. Meanwhile, bring a medium pot of salted water to the boil, add the snowpeas and blanch for 15 seconds, refresh under cold water and set aside
4. Return pot to element and cook noodles following packet directions. Drain and straight away refresh under cold running water. Transfer to a bowl
5. Heat a frying pan over medium-high heat. Season steak with oil, salt, and pepper. Cook the steak for 3-4 minutes per side or until cooked to your liking. Set aside to rest for 4 minutes. Slice thinly
6. Add snow peas, ginger or pickled chilli, spring onions and beef to the noodles. Add half the remaining dressing and toss to combine. Place pumpkin on a plate. Top with the noodle mixture. Drizzle with remaining dressing and top with sprouts (if using)



Miso Roast Pumpkin Noodle Bowl



4 servings



45 minutes

Brett takes us overseas to Japan with this delicious pumpkin and soba noodle bowl.

Warm & hearty enough to keep you satisfied on a cold winter's day, yet still refreshingly light and healthy - this is definitely one to try!