

Tahini Miso Mushroom Pasta

8 ingredients · 30 minutes · 2 servings



Directions

1. Heat a pan over medium-high heat. Once hot, add the mushrooms with a splash of water. Cook and stir occasionally for about 10 minutes or until browned.
2. Meanwhile, cook the spaghetti according to package directions. Once done, drain the pasta and reserve some of the pasta water.
3. Add the miso, tahini, and chili flakes to the mushrooms. Turn down the heat to medium and stir well. Add the pasta to the pan along with the pasta water, adding a little at a time as needed. Stir and cook for about five minutes.
4. Add salt and pepper and adjust the seasoning to your taste.
5. Divide the pasta evenly between plates. Top with parsley and more chili flakes, if desired. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 1 1/2 cups. 1/2 cup of dry spaghetti is equal to 128 grams or 4.5 ounces.

More Flavor

Add shallot and garlic.

Ingredients

10 Cremini Mushrooms (sliced)
1/2 cup Brown Rice Spaghetti
1/2 cup Water (reserved from cooking pasta)
1 tbsp Miso Paste
1/4 cup Tahini
1 tsp Chili Flakes
Sea Salt & Black Pepper (to taste)
2 tbsps Parsley (for garnish)

Nutrition

Amount per serving

Calories	415	Cholesterol	0mg
Fat	18g	Sodium	457mg
Carbs	55g	Vitamin A	340IU
Fiber	6g	Vitamin C	7mg
Sugar	3g	Calcium	142mg
Protein	13g	Iron	4mg