

RIGATONI PASTA MISO AND CHILLI MUSHROOMS (VE)

Miso and chilli bring an oriental twist to Italian pasta

Serves 1

Per serving: 410 calories, 2.6% fat

Prep time: 5 mins

Cook time: 25 mins

INGREDIENTS

60g rigatoni pasta, dry weight
180g chestnut mushrooms, cleaned and halved
1 clove of garlic, peeled and finely diced
1½ tsps white miso paste
125ml medium white wine
½ tsp fennel seeds
1 small red chilli, de-seeded and cut into thin strips
1 tsp sesame oil
1 vegetable stock cube
fresh chives, roughly chopped for garnish (optional)

METHOD

1. Bring a medium pan of water to the boil with the stock cube and add the pasta. Reduce the heat slightly to a rolling boil.
2. In a small frying pan gently heat the sesame oil and add the garlic, fennel seeds, mushrooms and red chilli strips. Cook on medium heat until the mushrooms start to soften.
3. Add the white wine and the miso paste to the frying pan and stir to combine, reduce the heat to a gentle simmer. If the liquid reduces too far so that it's dry then add a little of the pasta water - 1 tablespoon at a time - so that you have a light sauce.
4. Once the pasta is cooked, remove from the heat and carefully drain. Then return the pasta to the pan and add the mushroom mixture. Stir gently to combine and transfer to a warmed pasta bowl.
5. Garnish with the fresh chives (optional) and serve immediately.

