

Summer Club

Sensory-Friendly Miso Butter Pasta

Easily customisable for the whole family!

Serves: 1 | Time: 5-10 minutes

Ingredients:

1 tablespoon butter 

1/2 teaspoon lazy garlic 

1 teaspoon miso paste 

1 serving of cooked pasta (about 1 cup, or follow package instructions for one person)




Optional: Protein of your choice (e.g., prawns, chicken) 

Optional: Vegetables of your choice (e.g., spinach) 

Method:


 Melt butter in a pan over low heat.

 Add lazy garlic and stir until fragrant.

 Mix in the miso paste, ensuring it's well combined with the butter and garlic to create a smooth texture.

 If adding protein, cook it in the pan until done. Remove and set aside.

 If adding vegetables, sauté them in the pan until tender.

 Add your cooked pasta to the pan, tossing it gently to coat it in the flavourful miso butter sauce.

  Add back in the cooked protein and/or vegetables, stirring to combine.

 Serve up your Miso Butter Pasta in your favourite bowl and enjoy!