JAPANESE · SAUCE

Miso-Sesame Dressing for Vegetables

5 min · Makes 7 × 1 tbsp · 75 kcal a portion · Video 3:01 · Helen Rennie

Vegan · Gluten-free ingredients · No nuts listed

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A thick, savoury dressing with no added sugar and about 1 g of net carbs a tablespoon; most of its fat is unsaturated, from the oil and sesame seeds, and it makes plain blanched vegetables something to look forward to.

Diet notes: Keto (1.3 g net carbs a serve); Low saturated fat (0.7 g, 8% of the energy); DASH-friendly (160 mg sodium a serve).

Ingredients 4 · MAKES 7 × 1 TBSP

- [ ] 2 tbsp (30 g) **white miso**
- [ ] 2 tbsp (16 g) **toasted sesame seeds**
- [ ] 1 tbsp (15 g) **lemon juice**
- [ ] 3 tbsp (42 g) **neutral oil**, such as canola or grapeseed

Allergens found in the listed ingredients: Sesame, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the white miso, toasted sesame seeds, lemon juice and oil in a tall narrow container. 1:31
2. Blend with a stick blender until thick, like peanut butter, with tiny flecks of sesame still visible. For a jug blender or food processor, double the batch so the blades can catch it. 1:45
3. Toss with well-dried blanched or raw vegetables, such as green beans, asparagus, broccoli, carrots or kale; it clumps at first, then spreads as you keep tossing. Taste before adding any salt, as miso is salty. 2:13
4. Keep leftovers covered in the fridge for about a week.

> **Tip** Coats about 450 g green beans for 4 (about 2 tbsp each): blanch them 2 minutes in salted boiling water, cool and dry well. Avoid barley miso if you need it gluten-free.

The method is a summary in our words — the video shows every step.

One portion (1 tbsp) gives you 1 OF 7 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
75 kcal	1 g	1.8 g	0.5 g	7.4 g	160 mg
310 kJ	2% of a day	1.3 g net · 0.3 g sugars	2% of a day	0.7 g saturated	7% of a day
		1% of a day		9% of a day	

Energy from net carbs 7% · protein 5% · fat 88% — fits keto: 1.3 g net carbs, 88% of the energy from fat

High in (20%+ of a day) Omega-3 35%

Recipe and video: Helen Rennie (@helenrennie) on YouTube — youtube.com/watch?v=Uv55fh8RcM4, published 3 June 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/miso-sesame-lemon-vegetable-dressing