

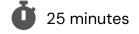




Miso Ramen

with Sesame Crusted Chicken

Flavourful and warming miso ramen broth, served with egg noodles, fresh corn, and panko and sesame crusted chicken schnitzels.





2 servings



Bulk it up!

Bulk up this dish by serving with boiled eggs, add sautéed mushrooms, or slices of fresh capsicum.

FROM YOUR BOX

EGG NOODLES	1 packet
PANKO & SESAME MIX	1 packet
CHICKEN SCHNITZELS	300g
SPRING ONIONS	1 bunch
CARROT	1
SHIRO MISO	1 packet
CORN COB	1

FROM YOUR PANTRY

oil for cooking, sesame oil, salt, soy sauce (or tamari)

KEY UTENSILS

large frypan, saucepan

NOTES

Cut chicken into nuggets before crumbing if you think that works better for your family.

No gluten option - noodles is replaced with rice noodles, panko + sesame mix is replaced with mixed sesame seeds. Cook rice noodles for 8-12 minutes until tender. Prepared chicken with mixed sesame seeds according to instructions.





1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add noodles and cook according to packet instructions or until tender. Drain and rinse well with cold water to stop the cooking process. Reserve saucepan for step 3.



2. CRUMB THE CHICKEN

Transfer panko and sesame mix to a bowl or plate and season with salt. Coat schnitzels (see notes) with oil and press into crumb to coat.



3. SIMMER THE RAMEN

Reheat saucepan over medium-high heat with sesame oil. Add sliced spring onions (reserve green tops for garnish) and sliced carrot. Sauté for 3 minutes. Add miso. water and 2 tsp soy sauce. 750ml Simmer for 5 minutes.



4. COOK THE CHICKEN

Heat a frypan with 3 tbsp oil over medium heat. Add crumbed chicken and cook (in batches) for 5-6 minutes on each side or until cooked through.



5. FINISH AND SERVE

Slice chicken and remove corn kernels from cob.

Divide noodles among bowls. Ladle in ramen and top with chicken, carrot and corn. Garnish with spring onion green tops.





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