



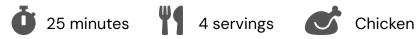
# Product Spotlight: Corn

Corn is an unusual food, falling into not just one food category but two. While the kernels are classified as a vegetable, if you dry them and make popcorn, they are considered a grain!

# 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.



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	2 packets
PANKO & SESAME MIX	1 packet
CHICKEN SCHNITZELS	600g
SPRING ONIONS	1 bunch
CARROTS	2
MISO SAUCE	2 sachets
CORN COBS	2



oil for cooking, sesame oil, salt, pepper, sauce soy (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 are 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 carrots. Sauté for 3 minutes. Add miso sauce, 1.5L water and 1 tbsp soy sauce. Simmer for 5 minutes. Season to taste with soy sauce and pepper.



## **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 cobs.

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



Scan the QR code to submit a Google review!

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

