



**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.

25 minutes

4 servings

Chicken

### Bulk it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	61g	18g	128g

## 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

## FROM YOUR PANTRY

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.



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### 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.



### 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.



### 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.



### 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.



### 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**.

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