



Product Spotlight: Mrs Tran's Kitchen

Mrs. Tran's Kitchen strive to share the taste of authentic Asian cuisine. From the melting pots of Saigon through to Australia, Mrs. Tran brings true Asian traditional culinary dishes to your home.



Sunflower Seed Ramen

with Baby Oyster Mushrooms

A beautiful creamy, umami-rich ramen broth, served with rice vermicelli noodles, pan-fried baby king oyster mushrooms and fresh toppings.



30 minutes



4 servings



Plant-Based

Spice it up!

To spice it up, serve this dish with your favourite chilli oil, a sprinkle of dried chilli flakes or slices of fresh red chilli!

Per serve: **PROTEIN** 17g **TOTAL FAT** 8g **CARBOHYDRATES** 98g

FROM YOUR BOX

RICE VERMICELLI NOODLES	1 packet
SPRING ONIONS	1 bunch
GINGER	1 piece
GARLIC	3 cloves
CARROTS	2
CORN COBS	2
SUNFLOWER SEED + NUTRITIONAL YEAST MIX	2 packets
WHITE MISO	100g
BABY KING OYSTER MUSHROOMS	1 packet

FROM YOUR PANTRY

sesame oil, soy sauce (or tamari), pepper

KEY UTENSILS

frypan, large saucepan, stick mixer

NOTES

You can use a teaspoon to peel your ginger easily; this will help to get in between and over any bumps!

Add extra garnishes such as thinly torn nori seaweed sheets or toasted sesame seeds.



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1. COOK THE NOODLES

Bring a large saucepan of water to a boil. Add noodles and cook for 6–8 minutes until al dente. Drain and rinse well with cold water. Reserve saucepan.



2. PREPARE THE INGREDIENTS

Slice spring onions, thinly slice green tops for garnish. Peel and roughly chop ginger (see notes) and roughly chop garlic.

Thinly slice carrots. Remove corn kernels from cobs.



3. SIMMER THE BROTH

Reheat reserved saucepan over medium-high heat with **sesame oil**. Add spring onions, ginger and garlic and sauté 3 minutes. Add sunflower and nutritional yeast mix, miso and **1 1/2 L water**. Bring to a boil and reduce to simmer for 5 minutes.



4. COOK THE MUSHROOMS

Heat a frypan over medium-high heat with **sesame oil**. Add mushrooms, carrots and **1 tbsp soy sauce**. Cook for 5–7 minutes until mushrooms are browned all over and carrots are tender.



5. BLEND THE BROTH

Use a stick mixer to blend the broth. Season with **2 tbsp soy sauce** and **pepper**.



6. FINISH AND SERVE

Divide noodles among bowls. Ladle in broth and top with mushrooms, carrot and corn kernels. Garnish with spring onion green tops (see notes).

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