



Chicken Ramen

Warm broth served with naturally gluten-free noodles, fresh vegetables and smoked chicken breast.







Delicious additions!

Add 1 tbsp mirin and 1 tsp miso paste to your broth at step 2. Then top your ramen with a soft boiled egg, toasted sesame seeds and thinly sliced spring onions.

PROTEIN TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

NOODLES	1 packet
GINGER	1/2 piece *
GARLIC	2 cloves
ASIAN GREENS	1 bunch
CORN COB	1
CARROTS	2
ENOKI MUSHROOM	1 packet (200g)
SMOKED CHICKEN BREAST	1 packet (250g)

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, 1 stock cube, soy sauce, sugar of choice (we used raw sugar), white wine vinegar

KEY UTENSILS

2 saucepans, large frypan

NOTES

Use sesame oil for extra flavour.



1. COOK THE NOODLES

Bring a saucepan of water to the boil. Add noodles and cook according to packet instructions. Drain and rinse.



2. SIMMER THE BROTH

Heat a large saucepan over medium-high heat with oil (see notes). Peel and grate ginger, crush garlic and add to pan. Add 1.5 litre water, 1/4 cup soy sauce and stock cube. Simmer, covered, for 15 minutes.



3. COOK ASIAN GREENS

Heat a large frypan over medium-high heat with oil. Quarter Asian greens and add to pan for 1-2 minutes, char on each side.



4. PREPARE VEGETABLES

Remove corn kernels from cob, thinly slice carrots, trim enoki mushrooms, and shred the chicken.



5. FINISH AND PLATE

Season broth with 1/2 tbsp sugar and 1 tbsp vinegar. Ladle broth into bowls. Evenly divide noodles into broth, top with chicken, prepared vegetables and Asian greens.



