



Simple miso ramen

with Asian greens



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large pot



Pantry items needed: peanut/vegetable oil, water, chilli oil (optional)



Hands-on: 20-25 minutes
Ready in: 25 minutes



Serves: 2 or 4

A super simple ramen, rich in flavour and umami notes from shiro miso and dried shiitake mushrooms. Topped off with fresh Asian greens, silken tofu, black sesame seeds and our house-made chilli oil (optional). A flavour-packed dish whipped up in no time at all!

HIGH PROTEIN | CALORIE SMART | Spicy (medium/optional)

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Spring onion	60g	120g
Ginger	20g	40g
Garlic	24g	48g
Silken tofu	1 packet	2 packets
Asian greens	180g	360g
Peanut/vegetable oil*	1½ tbsp	3 tbsp
Dried shiitake mushrooms	1 packet	1 packet
Water for soup	4 cups	8 cups
Vegetable stock powder	1 packet	1 packet
Miso soy base	1 tub	1 tub
Ramen noodles	1 packet	1 packet
Black sesame seeds	1 packet	1 packet
Chilli oil	to taste	to taste

* Pantry items

Allergens and ingredients

Allergens: gluten, wheat, soy, sesame.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Chop vegetables

Chop the **spring onions** into 2cm pieces from top to end. Set aside some green tops for garnish. Peel or slice off the skin from **ginger** (see cooking tip) and slice very thinly. Peel and chop the **garlic** cloves into quarters. Drain and dice the **tofu** into roughly 2cm cubes. Separate the **Asian greens** leaves from the base and set aside.

2. Fry vegetables

Heat the **peanut/vegetable oil*** in a large pot on medium-high heat. Once hot, add the **spring onions**, **garlic** and **ginger** and fry, stirring constantly, for **2 minutes**. Next, add the **shitake mushrooms** and fry for a further **minute**.

3. Make broth

Add the **water***, **vegetable stock powder**, **miso soy base** and mix well. Turn up the heat and bring to the boil. Once boiling, reduce heat to low, cover and simmer for **8 minutes**.

4. Cook noodles and tofu

Bring the heat back to high and add the **ramen noodles**, cooking for **2 minutes**. Gently add in **tofu** and **Asian greens** and cook for a further **2 minutes**.

5. Serve

Serve in deep bowls. Top with **black sesame seeds**, **reserved spring onion** green tops and **chilli oil*** (optional).

Cooking tip

Peel the ginger using the edge of a teaspoon to minimise wastage.

Eat your way
to healthy!



Tofu is a good source of protein and contains all nine essential amino acids your body needs. Surprisingly, it provides more protein per calorie than beef. It is also a source of iron, manganese, potassium, calcium, selenium, phosphorous, magnesium, copper, zinc and vitamin B1.

Tofu has been linked to health benefits such as better heart health, lower levels of 'bad' cholesterol, better bone health, lower risk of colorectal and prostate cancer, better skin and better memory and brain health.

Nutritional information*

	Per 720g serve	Per 100g
Energy	2494kJ (597Cal)	346kJ (83Cal)
Protein	26.9g	3.7g
Fat, total	17.7g	2.5g
- Saturated	2.7g	0.4g
Carbohydrate	76.0g	11.0g
- Sugars	5.0g	1.0g
Sodium	1195mg	166mg

* Nutritional information is based on averages