

Tofu and Mushroom Ramen

with Eggs

hellóchef

A bowl full of deliciously deep and aromatic umami.

Cals 288 • Prot 19 • Carbs 40 • Fat 8

Vegetarian

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🕒 cook: 30 min

R2336



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Soup	2 ppl	3 ppl	4 ppl	
Shiitake mushroom	200	200	400	Grams
Mushroom	250	250	250	Grams
Red onion	1	1	1	Pieces
Garlic cloves	2	3	4	Pieces
Ginger	30	45	60	Grams
Carrot	1	1	2	Pieces
Spring onion	50	75	100	Grams
Water	800	1200	1600	ML
Miso paste ^{9*}	30	40	60	Grams
Soy sauce ^{9*} , ^{10*} , ^{11*}	20	30	40	ML
Sweet chilli sauce	40	60	80	Grams
Firm tofu ^{9*}	250	500	600	Grams
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp
To serve				
Wheat noodles ^{10*} , ^{11*}	0	0	0	Grams
Organic Eggs ^{5*}	2	3	4	Pieces
Large red chilli	1	2	2	Pieces

Allergens

⁹ Soya, ¹⁰ Wheat, ¹¹ Gluten, ⁵ Eggs

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	1201 / 288
Fat (g)	7.9
of which saturates (g)	2.2
Carbohydrate (g)	40
of which sugars (g)	20.7
Fiber (g)	7.2
Protein (g)	18.9
Salt (g)	2.8

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



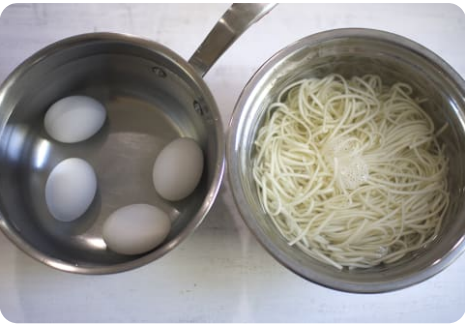
1 Prep veggies

Clean and slice shiitakes and **mushrooms**. Peel and mince **red onion** and **garlic**. Peel and grate **ginger**. Peel and cut **carrots** to small cubes. Chop **spring onion** and thinly slice the **red chilli**.



2 Cook soup

Place shiitakes, **mushrooms**, **onion**, **garlic**, **ginger**, **carrot** and half of the **spring onion** to a **large** pot. Add **water**, **miso paste**, **soy sauce** and **sweet chilli sauce**. Bring to a boil and simmer, covered, for 15 minutes.



3 Cook eggs and noodles

Bring two other pots of **water** to a boil. Boil **eggs** for 6-7 minutes and submerge into cold **water** to cool, then peel. In another pot, boil **noodles** for 3-4 minutes, then drain and submerge into cool **water** to prevent from sticking.



4 Add tofu

Cut **tofu** to small cubes and add to the soup for the last 2-3 minutes. Season the soup with **salt** and **pepper** to taste. Divide the drained **noodles** to bowls and ladle the hot soup on top. Finish with halved **eggs**, **red chilli** slices and the reserved chopped **spring onion**.