

Miso Chicken Ramen

with Egg and Snow Peas

hellóchef

Miso is a Japanese paste made from fermented soya beans. It's packed with umami and most commonly used in soups.

Cals 687 • Prot 69 • Carbs 58 • Fat 21

Chef's Choice

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🕒 cook: 30 min

R2853



Before you start

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

Ingredients

Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Curry powder	2	2	4	Grams
Salt	0.5	1	1	Tsp
Vegetable oil	1	2	2	Tbsp
Soup				
Salt	0.5	1	1	Tsp
Organic Eggs 5*	2	3	4	Pieces
Egg noodles 5*, 10*, 11*	100	200	200	Grams
Ginger	30	45	60	Grams
Garlic cloves	2	3	4	Pieces
Snow peas	100	150	200	Grams
Onion powder	4	5	8	Grams
Water	750	1050	1400	ML
Miso paste 9*	20	30	40	Grams
Soy sauce 9*, 10*, 11*	10	20	30	ML
Sambal oelek	20	30	30	Grams
Brown sugar	5	5	10	Grams
Bean sprouts	50	75	100	Grams
Garnish				
Lime	1	2	2	Pieces
Spring onion	40	60	80	Grams
Black sesame seeds 3*	10	15	20	Grams
Sesame oil 3*, 9*	15	22	30	ML

Allergens

*5 Eggs, *10 Wheat, *11 Gluten, *9 Soya, *3 Sesame Seeds

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)	2876 / 687
Fat (g)	20.7
of which saturates (g)	4.1
Carbohydrate (g)	58
of which sugars (g)	8.6
Fiber (g)	6.6
Protein (g)	68.5
Salt (g)	2.6

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



1 Boil eggs and noodles

Bring a pot of salted **water** to the boil. Once boiling, add the **eggs** and cook for 2 min. After 2 min, add the **noodles** and cook for 4 min further or until tender. Once tender, drain the **noodles** and **eggs** and run both under cold **water**.



2 Fry chicken

Meanwhile, coat the **chicken breast** in **curry powder** and season with **salt**. Heat a drizzle of **oil** in a pan over a medium-high heat. Once hot, fry the **chicken** for 5-7 min on either side until golden and cooked through (see pro tip).



3 Prep

Meanwhile, peel and finely grate the **ginger** (tip: use a spoon to peel the **ginger**). Peel and crush the **garlic**. Slice the **snow peas** in half. Slice the **lime** into wedges. Trim and finely slice the **spring onions**.



4 Make broth

Once ready, transfer the **chicken** to a plate and return the pan to a medium heat with a splash of **water**. Using a spatula, loosen any sticky bits from the bottom of the pan. Add more **oil** and the crushed **garlic**, grated **ginger** and **onion powder** and fry for 1 min. Add the measured **water, miso paste, soy sauce, sambal oelek (spicy!)** and **sugar**. Whisk until combined. Simmer for 4-5 min.



5 Slice chicken and egg

Meanwhile, finely slice the **chicken breast**. Add any meat juices from the plate to the broth. Peel the **eggs** and slice them in half.



6 Add vegetables

Once ready, add the sliced **snow peas** and **bean sprouts** to the pan and cook for 1 min further. Squeeze the juice of half of the **limes** into the broth. Divide the **noodles** among bowls. Ladle the broth into the bowls and top with the sliced **chicken breast** and **egg** halves. Garnish with the sliced **spring onion, sesame seeds** and the remaining **lime** wedges. Drizzle with the **sesame oil**.