

# Creamy Sesame and Enoki Mushroom Ramen

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

Cals 522 • Prot 18 • Carbs 78 • Fat 18

Vegan

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🕒 cook: 30 min

R3055



## Before you start

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

## Ingredients

Broth	2 ppl	3 ppl	4 ppl	
Garlic cloves	3	5	6	Piece
White enoki	100	200	200	Grams
Vegetable oil	1	2	2	Tbsp
Chipotle powder	2	2	2	Grams
Garlic powder	4	5	8	Grams
Water	500	750	1000	ML
Vegetable stock cube 15*	1	1	1	Piece
Soy sauce 9*, 10*, 11*	20	30	40	ML
Sweet chilli sauce	40	60	80	ML
Miso paste 9*	20	30	40	Grams
Tahini 3*	20	30	40	Grams
Spinach				
Spinach	200	300	400	Grams
Sesame oil 3*, 9*	15	22	30	ML
Sesame seeds 3*	10	15	20	Grams
Toppings				
Sweet corn kernels	122	122	244	Grams
Spring onion	40	60	80	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Soba noodles 10*, 11*	100	200	200	Grams

## Allergens

\*15 Celery, \*9 Soya, \*10 Wheat, \*11 Gluten, \*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)	1960 / 522
Fat (g)	18.2
of which saturates (g)	1.5
Carbohydrate (g)	78
of which sugars (g)	14.4
Fiber (g)	7.7
Protein (g)	17.5
Salt (g)	3.2

\*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

Drain the **sweet corn**. Finely slice the **spring onion**. Peel and grate the **garlic**. Trim and discard the base of the **enoki mushrooms**. Gently break the bunch apart.



### 2 Char sweetcorn

Heat a pan over a high heat with a drizzle of **oil**. Add the **sweet corn** and cook for 4 min until starting to char. Set aside.



### 3 Prep spinach

Boil a kettle. Trim the **spinach** stalks. Place the **spinach** in a colander and pour the freshly boiled water from the kettle over it. Once the **spinach** is cool enough to handle, give it a good squeeze and chop it roughly. In a bowl, mix it with the **sesame oil** and **sesame seeds**. Season with **salt**. Set aside.



### 4 Boil noodles

Bring a pot of salted water to the boil. Once boiling, add the **noodles** and cook for 4 min until tender. Once tender, drain and divide among bowls.

**Tip!** Drizzle the cooked noodles with oil once drained to stop them from sticking together.



### 5 Make broth

Return the pot to a medium heat with a drizzle of **oil**. Add the **garlic** and a pinch of **chipotle (spicy!)** and fry for 30 sec. Add the **garlic powder, measured water, [0.5/1/1] stock cube, soy sauce, sweet chilli sauce, miso** and **tahini**. Simmer, whisking, for 3 min. Place the **enoki mushrooms** into the **broth** and cook for 1 min further.



### 6 Serve

Top the **noodles** with the **sweet corn** and **spinach**. Ladle the **broth** and **mushrooms** over the top and garnish with the sliced **spring onion**.