

Creamy Sesame Miso Ramen

with Prawns and Crispy Mushrooms

hellóchef

Whilst time is traditionally the most important ingredient in ramen, in this recipe we've tried our best to speed things up!

Cals 564 • Prot 42 • Carbs 62 • Fat 17

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🕒 cook: 45 min

R3409



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	
Ginger	30	45	60	Grams
Garlic cloves	2	3	4	Piece
Vegetable stock cube 15*	1	1	2	Piece
Water	750	1050	1500	ML
Soy sauce 9*, 10*, 11*	20	30	40	ML
Sweet soy sauce 9*, 10*, 11*, 14*	15	20	30	ML
Rice vinegar	15	30	30	ML
Tahini 3*	30	40	60	Grams
Miso paste 9*	20	30	40	Grams
Toppings				
Jumbo prawns 7*	300	450	600	Grams
Chestnut mushrooms	250	250	500	Grams
Sesame seeds 3*	10	15	20	Grams
Chilli flakes	2	2	4	Grams
Smoked sea salt	2	2	4	Grams
Vegetable oil	1	2	2	Tbsp
Organic Eggs 5*	1	2	2	Piece
Soba noodles 10*, 11*	100	200	200	Grams
Salt	1	1	2	Tsp
Baby pak choi	3	3	6	Piece

Allergens

***15 Celery, *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *3 Sesame Seeds, *7 Crustaceans, *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)	2022 / 564
Fat (g)	17
of which saturates (g)	1.9
Carbohydrate (g)	62
of which sugars (g)	9.7
Fiber (g)	4.9
Protein (g)	42.1
Salt (g)	4.5

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



1 Start ramen

Preheat the oven to 200°C/180°C fan. Peel and mince the **ginger** and **garlic**. Heat a large pot over a medium heat. Add the **stock cube, measured water, soy sauce, sweet soy sauce, rice vinegar, tahini, ginger** and **garlic**. Once simmering, reduce the heat to low, cover with a lid and simmer for 15 min.



2 Mushrooms

Meanwhile, roughly chop the **mushrooms**. On a lined baking tray, toss the **mushrooms, sesame seeds** and a pinch of **chilli flakes (spicy!)** and **smoked sea salt** in a drizzle of **vegetable oil**. Bake for 15 min or until golden.



3 Boil

Meanwhile, cook the **eggs** and **noodles** in boiling water for 5-7 min or until cooked to your liking. Once done, drain. Peel and halve the **eggs** once cooled.



4 Fry

Meanwhile, heat a pan over a medium-high heat with a drizzle of **oil**. Add the **prawns** with a pinch of **salt** and cook for 2-3 min. Transfer the **prawns** to a plate and reserve the pan.



5 Pak choi

Return the pan to a medium heat with a drizzle of **oil**. Halve the **pak choi** and place it cut side down in the pan and fry for 3 min. Once browned, turn the halves over and cook for 3 min further.



6 Serve

Remove the **ramen** from the heat and whisk in the **miso**. Ladle the **ramen** into bowls and top with the **noodles, crispy mushrooms, eggs, prawns** and **pak choi**.

Tip! Miso loses its flavour when boiled - which is why we whisk it in at the end, off the heat!