

Chicken Ramen

with Soft Boiled Egg and Sweetcorn

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

Cals 631 • Prot 57 • Carbs 57 • Fat 20

Chef's Choice

hellochef.com • 04-383-93-99 • hello@hellochef.com



🕒 cook: 30 min

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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	300	500	600	Grams
Curry powder	2	2	4	Grams
Salt	0.5	0.5	1	Tsp
Vegetable oil	1	1	2	Tbsp
Broth				
Organic Eggs 5*	2	3	4	Piece
Egg noodles 5*, 10*, 11*	100	150	200	Grams
Snow peas	100	150	200	Grams
Ginger	30	30	45	Grams
Garlic cloves	2	3	4	Piece
Fresh baby corn	100	150	225	Grams
Onion powder	2	2	4	Grams
Water	500	700	1000	ML
Chicken jus 15*	150	300	300	ML
Soy sauce 9*, 10*, 11*	10	20	20	ML
Sambal oelek	20	30	30	Grams
Miso paste 9*	20	30	40	Grams
To serve				
Lime	1	2	2	Piece
Spring onion	40	60	80	Grams
Black sesame seeds 3*	10	10	15	Grams
Sesame oil 3*, 9*	15	22	30	ML

Allergens

***5 Eggs, *10 Wheat, *11 Gluten, *15 Celery, *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)	2669 / 631
Fat (g)	20.1
of which saturates (g)	4
Carbohydrate (g)	57
of which sugars (g)	6
Fiber (g)	7.1
Protein (g)	57.1
Salt (g)	3.1

*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

Bring a pot of salted water to the boil. Once boiling, add the **eggs** and cook for 3 min. After 3 min, add the **noodles** and **snow peas** and cook for 3 min further or until tender. Once tender, drain the **noodles, snow peas** and **eggs** and run under cold water. Remove the **eggs** and set aside so they don't stick to the **noodles**.



2 Fry chicken

Meanwhile, slice each **chicken breast** in half as if you were cutting a burger bun, so you are left with two escalopes. Sprinkle the **chicken** with **curry powder** and **salt**. Heat a drizzle of **oil** in a large pan over a medium-high heat. Once hot, fry the **chicken** for 3-5 min on each side until golden and cooked through.



3 Prep

Meanwhile, peel and finely grate the **ginger** (tip: use a spoon to peel the **ginger**). Peel and mince the **garlic**. Halve the **baby corn**, lengthways.



4 Make broth

Once cooked, transfer the **chicken** to a plate and return the pan to a medium heat. Using a spatula, loosen any sticky bits from the bottom of the pan. Add another drizzle of **oil** along with the **garlic, ginger, baby corn** and **onion powder**. Fry for 1 min. Add the **measured water, chicken jus, soy sauce** and **sambal oelek (spicy!)**. Simmer for 4-5 min.



5 Prep toppings

Meanwhile, finely slice the **chicken breast**. Add any meat juices from the plate to the broth. Peel the **eggs** and slice them in half. Slice the **lime** into wedges. Trim and finely slice the **spring onions**.



6 Serve

Once ready, add the **miso paste** to the broth and whisk. Add the **noodles** and **snow peas** and cook for 1 min further. Squeeze the juice of half of the **limes** into the broth. Ladle the broth into bowls and top with the sliced **chicken** and **eggs**. Garnish with the **spring onion, sesame seeds** and the remaining **lime** wedges. Drizzle with the **sesame oil**.