

# UCCOOK

## Noodle-less Chicken Ramen

with spring onion & fresh chilli

**Hands-on Time:** 20 minutes

**Overall Time:** 45 minutes

**Calorie Conscious:** Serves 1 & 2

**Chef:** Sarah Hewitt

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 360kj    | 1819kj      |
| Energy             | 86kcal   | 435kcal     |
| Protein            | 9.6g     | 48.3g       |
| Carbs              | 5g       | 26g         |
| of which sugars    | 2g       | 11g         |
| Fibre              | 2g       | 9g          |
| Fat                | 3g       | 15.1g       |
| of which saturated | 0.5g     | 2.5g        |
| Sodium             | 191mg    | 963mg       |

**Allergens:** Sulphites, Gluten, Sesame, Wheat, Soya, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                       |
|----------|------------|---------------------------------------------------------------------------------------|
| 125g     | 250g       | Button Mushrooms<br><i>roughly slice</i>                                              |
| 1        | 2          | Fresh Chilli/es<br><i>rinse, trim, deseed &amp; finely slice</i>                      |
| 1        | 2          | Free-range Chicken Breast/s                                                           |
| 1        | 1          | Chicken Stock Sachet                                                                  |
| 22,5ml   | 45ml       | Sesame Soy<br><i>(15ml [30ml] Low Sodium Soy Sauce &amp; 7,5ml [15ml] Sesame Oil)</i> |
| 1        | 1          | Spring Onion<br><i>finely slice, keeping the white &amp; green parts separate</i>     |
| 50g      | 100g       | Edamame Beans                                                                         |
| 120g     | 240g       | Carrot<br><i>rinse, trim &amp; cut into matchsticks</i>                               |
| 5ml      | 10ml       | Black Sesame Seeds                                                                    |

## From Your Kitchen

Cooking Spray (or oil of your choice)  
Seasoning (salt & pepper)  
Water  
Paper Towel

**1. MMMUSHIES** Boil the kettle. Place a pan, with a lid, over medium-high heat with a light drizzle of oil. When hot, add the mushrooms and fry for 5-6 minutes until golden and crisping up, shifting as they colour. In the final minute, add ½ the chilli (to taste). Remove from the pan and set aside.

**2. CHICKY CHICK** Return the pan to medium heat. Pat the chicken dry with paper towel and cut into strips. Lightly coat the chicken in cooking spray or a drizzle of oil. Fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

**3. GET THE STOCK ROLLIN'** Place a pot over medium heat with ½ [1] of the stock sachet, 500ml [1L] of boiling water, and the sesame soy. Simmer for 5-6 minutes, stirring occasionally, until slightly reduced. Add the spring onion whites and ½ the mushrooms. Mix until combined and simmer for 6-7 minutes. In the final 2-3 minutes, add the edamame beans and carrot matchsticks.

**4. THE BOSS OF BROTHS!** Bowl up a generous helping of the mushroom broth and top with the chicken strips and remaining mushrooms. Sprinkle over the remaining chilli (to taste), the spring onion greens, and the sesame seeds. Wow, Chef!

**Chef's Tip** If you would like to toast the sesame seeds, place a pan over medium heat. Toast for 2-4 minutes until they begin to pop, shifting regularly. Remove from the pan and set aside to cool.