



# UCCOOK

## Noodle-less Chicken Ramen

with spring onion & fresh chilli

Slices of juicy chicken sit atop a delicious, easy mushroom broth packed with crunchy edamame beans & carrots. Finished off with punchy chilli, coriander, and a sprinkling of black sesame seeds. A noodle-less broth doesn't have to be boring, and this dish proves it!

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**Hands-on Time:** 25 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People


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**Chef:** Sarah Hewitt

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 Carb Conscious

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 Creation Wines | Creation Viognier

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## Ingredients & Prep

|        |   |
|--------|---|
| 375g   | Button Mushrooms<br><i>roughly sliced</i>   |
| 3      | Fresh Chillies<br><i>deseeded &amp; finely sliced</i>                                       |
| 3      | Free-range Chicken<br>Breasts   |
| 30ml   | NOMU Vegetable Stock  |
| 67,5ml | Sesame Soy<br><i>(45ml Low Sodium Soy<br/>Sauce &amp; 22,5ml Sesame<br/>Oil)</i>            |
| 2      | Spring Onions<br><i>finely sliced, keeping the<br/>white &amp; green parts<br/>separate</i> |
| 150g   | Edamame Beans   |
| 360g   | Carrot<br><i>rinsed, trimmed &amp; cut into<br/>matchsticks</i>                             |
| 12g    | Fresh Coriander<br><i>rinsed &amp; picked</i>   |
| 15ml   | Black Sesame Seeds  |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. MMMMUSHIES** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sliced mushrooms until golden, 6-7 minutes (shifting occasionally). Remove from the pan and season. In the final minute, add ½ the sliced chilli (to taste). Remove from the pan and set aside.

**2. CHICKY CHICK** Boil the kettle. Place a pan (that has a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**3. GET THE STOCK ROLLIN'** Place a pot over medium heat with the stock, 1,5L of boiling water, and the sesame soy. Simmer until slightly reduced, 6-8 minutes (stirring occasionally). Add the spring onion whites, and ½ the fried mushrooms. Mix and simmer for 7-8 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 slices and the remaining mushrooms. Sprinkle over the picked coriander, 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 a medium heat. Toast for 2-4 minutes until they begin to pop, shifting regularly. Remove from the pan and set aside to cool.

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 365kj  |
| Energy             | 87kcal |
| Protein            | 9.5g   |
| Carbs              | 5g     |
| of which sugars    | 2.1g   |
| Fibre              | 1.9g   |
| Fat                | 3.1g   |
| of which saturated | 0.5g   |
| Sodium             | 325mg  |

## Allergens

Gluten, Dairy, Allium, Sesame, Wheat,  
Sulphites, Soy

Cook  
within 3  
Days