

UCCOOK

Noodle-less Chicken Ramen

with spring onion & fresh chilli

Hands-on Time: 25 minutes

Overall Time: 50 minutes

Calorie Conscious: Serves 3 & 4

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 3 [Serves 4]

375g	500g	Button Mushrooms <i>roughly slice</i>
3	4	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
3	4	Free-range Chicken Breasts
2	2	Chicken Stock Sachets
67,5ml	90ml	Sesame Soy <i>(45ml [60ml] Low Sodium Soy Sauce & 22,5ml [30ml] Sesame Oil)</i>
2	2	Spring Onions <i>finely slice, keeping the white & green parts separate</i>
150g	200g	Edamame Beans
360g	480g	Carrot <i>rinse, trim & cut into matchsticks</i>
15ml	20ml	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 6-7 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. You may need to do this step in batches. Remove from the pan, season, and set aside.

3. GET THE STOCK ROLLIN' Place a pot over medium heat with 1½ [both] of the stock sachets, 1.5L [2L] 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.