



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!


Hands-on Time: 30 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Sarah Hewitt

 Carb Conscious

 Creation Wines | Creation Viognier

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Ingredients & Prep

500g	Button Mushrooms <i>roughly sliced</i>
4	Fresh Chillies <i>deseeded & finely sliced</i>
4	Free-range Chicken Breasts
40ml	NOMU Vegetable Stock
90ml	Sesame Soy <i>(60ml Low Sodium Soy Sauce & 30ml Sesame Oil)</i>
2	Spring Onions <i>finely sliced, keeping the white & green parts separate</i>
200g	Edamame Beans
480g	Carrot <i>rinsed, trimmed & cut into matchsticks</i>
15g	Fresh Coriander <i>rinsed & picked</i>
20ml	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, 2L 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