

U C O O K

— COOKING MADE EASY

MISO & MUSHROOM RAMEN

with egg noodles & crispy onions

There's a reason why ramen is so popular: it's warming and bursting with umami! This soothing broth is overflowing with mushrooms, black beans, and spinach, invigorated by sesame oil, chilli, and miso paste.

Hands-On Time: 25 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Samantha Finnegan



Vegetarian

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

125g	Brown Portobellini Mushrooms <i>quartered</i>
1	Chilli <i>deseeded & thinly sliced</i>
2	Garlic Clove <i>peeled & thinly sliced</i>
20ml	Miso Paste
30ml	Sesame Oil
20ml	Vegetable Stock
2	Egg Noodle Cakes
120g	Black Beans <i>drained & rinsed</i>
100g	Fresh Spinach <i>rinsed & roughly shredded</i>
150g	Shredded Green and Red Cabbage
15ml	Soy Sauce
40ml	Crispy Onions

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s

1. BEFORE YOU GET GOING Read the whole recipe. You'll find the ingredient prep instructions displayed in the ingredient list, directly under the item they apply to.

2. OPTIONAL EGG (Skip this step if you don't like boiled eggs!) Bring a small pot of water to the boil. Once boiling, cook 2 eggs for 6 minutes for a medium-soft result, 6-8 minutes for medium, or 8-10 minutes for medium-hard. On completion, submerge in cold water for at least 3 minutes to stop the cooking process. Just before serving, peel, slice in half, and season to taste.

3. PAN-FRIED SHROOMS Boil a full kettle. Place a large pot for the broth over a medium-high heat with a drizzle of oil. When hot, fry the quartered mushrooms for 5-7 minutes until cooked through and golden, shifting occasionally. Season to taste on completion, remove from the pot, and set aside.

4. MMM, UMAMI FLAVOURS! Return the pot to a medium heat with another drizzle of oil. When hot, add in the sliced chilli to taste, sliced garlic, miso paste, and half of the sesame oil. Fry for 1-2 minutes until fragrant, stirring constantly. Stir in the vegetable stock and 1L of boiling water. Pop on a lid and bring to the boil. Once boiling, add the egg noodles and cook for 4-5 minutes until al dente, gently prodding to loosen them. Stir through the drained black beans and shredded spinach, then return the lid. Simmer for 1-2 minutes until the spinach has wilted. Add the shredded cabbage and fried mushrooms and give it a stir. Season with soy sauce to taste and remove from the heat on completion.

5. OODLES OF NOODLES Spoon some of this umami-loaded number into a warmed bowl and top with the optional egg. Garnish with the crispy onions and a drizzle of the remaining sesame oil. Sprinkle over any remaining fresh chilli if you'd like. Eat up, Chef!



Chef's Tip

Cooking times for boiled eggs vary depending on the altitude of where you are, the shape of your pot, and the size of the eggs. The times we've provided are a guide — use your intuition to ensure your eggs are right for you!

Nutritional Information

Per 100g

Energy	678kJ
Energy	162Kcal
Protein	6g
Carbs	18g
of which sugars	1.7g
Fibre	2g
Fat	6.9g
of which saturated	1.5g
Sodium	689mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within 3
Days