



UCCOOK

Noodle-less Chicken Ramen

with spring onion & fresh chilli

Hands-on Time: 25 minutes

Overall Time: 50 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Sarah Hewitt

Wine Pairing: Waterford Estate | Waterford Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	351kJ	1844kJ
Energy	84kcal	441kcal
Protein	9.1g	47.8g
Carbs	5g	28g
of which sugars	2g	12g
Fibre	2g	10g
Fat	2.9g	15.3g
of which saturated	0.5g	2.5g
Sodium	251.6mg	1322.7mg

Allergens: Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Spice Level: Hot

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>
450g	600g	Free-range Chicken Mini Fillets
2	2	Chicken Stock Sachets
67,5ml	90ml	Sesame Soy <i>(45ml [60ml] Low Sodium Soy Sauce & 22,5ml [30ml] Sesame Oil)</i>
150g	200g	Edamame Beans
2	2	Spring Onions <i>finely slice, keeping the white & green parts separate</i>
360g	480g	Carrot <i>rinse, trim & cut into matchsticks</i>
8g	10g	Fresh Coriander <i>rinse & pick</i>
15ml	20ml	Black Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Seasoning (salt & pepper)

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 with a drizzle of oil. Pat the chicken breast dry with paper towel. 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 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 medium heat. Toast for 2-4 minutes until they begin to pop, shifting regularly. Remove from the pan and set aside to cool.