

Ramen Noodle Soup

A beautiful Asian dish that to be honest can be eaten at any time of the day! Pair it with salt and pepper tofu or rice crackers or eat it as it is because it is that delicious!
Containing iodine, B12, Vitamin D,
Omegas 3 & 6
This dish is an all-rounder!

This recipe serves 2



What you'll need:

2 saucepans, frying pan, weighing scales, colander/sieve, measuring spoons, wooden stirring spoon

Ingredients

- 50 carrots sliced thinly
- 230g cauliflower chopped
- 1 medium leek chopped
- 1 sheet of nori sushi sheet, cut into 1-inch squares
- 472ml nori ramen broth
- Whole-wheat noodles, we use blue dragon x2 nests
- Oil of your choice 1 tbsp
- 2 spring onions chopped
- 1 chilli chopped
- 1 tsp sea salt
- ½ tsp black pepper
- 80g mushrooms sliced

Method

1. In a saucepan heat water over a high heat and boil the carrots, cauliflower and leek until they are softening then remove from the heat, drain and put to one side
2. In a frying pan heat the oil and add the chopped chilli, sea salt and black pepper until it begins to sizzle
3. Add the mushrooms and fry for 3-4 minutes, remove from heat and put to one side
4. In a separate saucepan add the ramen noodle broth and bring to the boil over a medium heat, then add the noodle nests
5. After 3-5 minutes the noodles should be soft and ready
6. Add the boiled vegetables and all the contents of the frying pan, including mushrooms, sea salt, black pepper and chillies into the boiling noodles and give it a good stir
7. Sprinkle in the squared seaweed sheet and stir again

8. Distribute into bowls and sprinkle the spring onion over before serving

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Send the pictures to info@soyoi.co.uk

Approximate nutritional value per serving

Calories kcal	353.7
Fat grams	9.74
<i>Of saturates</i>	1.63
<i>Polyunsaturated</i>	2.03
<i>Monounsaturated</i>	3.97
Carbohydrates grams	55.37
<i>Of fibre grams</i>	9.42
<i>Of sugars grams</i>	7.57
Protein grams	14.33
Sodium mg	263.2
Calcium mg	91.05
Iron mg	2.41
Potassium mg	773.15
Salt mg	2.29
Vitamin A mcg	346.27
Vitamin C mcg	82.5
Vitamin D mcg	8.3
Iodine mg	74