



WHOLE HEALTH NUTRITION, LLC

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Easy Weeknight Ramen

yield: **4 SERVINGS**

prep time: **~30 MINUTES**

total time: **~60 MINUTES**

EQUIPMENT:

Cutting board
Chef's Knife
Cast iron Dutch oven or Large Pot (broth)
1 medium pot (noodles and eggs)
Frying pan (tofu)
Medium Bowl (cooling eggs)
Microplane (to grate ginger)
Wooden spoon or spatula
Slotted spoon
Tongs

INGREDIENTS:

2 Tbsp olive oil
4 cloves garlic, roughly chopped
2 Tbsp grated ginger
5 green onions (scallions), sliced
8oz shiitake mushrooms, wiped and sliced
2 heads baby bok choy (*and/or shredded carrots, spinach or frozen corn*)
6 cups vegetable or chicken broth
2 Tbsp white miso paste
2 Tbsp tamari or soy sauce
1-2 tsp sesame oil
8 oz ramen noodles
2 eggs (1/2 egg per person)
1 package extra firm tofu (14oz)

Optional Ingredients: sesame seeds, nori sheets, bean sprouts





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DIRECTIONS:

1. First drain the tofu. Cut in half width wise so you have two thin bricks. Place between paper towels or clean dish towel, and top with heavy pot or pan to squeeze out excess water. Set aside.
2. **For the ramen broth:** Heat 1-2 Tbsp olive oil in large pot or cast-iron Dutch oven. Add in white parts of scallions and cook for 2-3 minutes. Then add ginger and garlic and cook until fragrant, about 1 more minute.
3. Mix in mushrooms and miso. Then add broth, tamari and sesame oil. Stir and bring to boil. Once boiling, reduce heat to low and cook uncovered for at least 30 minutes (for a more flavorful broth, cover the pot and continue simmering for another 30-60 minutes).
4. **For the tofu:** Remove tofu from dish towel and chop into cubes. Heat 1 Tbsp olive oil and 1 tsp tamari/soy sauce in frying pan. Add cubed tofu and brown (4-5 minutes on each side). Set tofu aside.
5. **For the noodles and soft-boiled eggs:** Fill a pot with water and bring to boil. Use a slotted spoon to gently lower cold-from-the-fridge eggs into the water one at a time. Cook for 6 ½ minutes, adjusting the heat as necessary to maintain a gentle boil.
6. Meanwhile, fill a bowl with cold water and some ice cubes. When eggs are done, transfer them to ice water and chill for about 2 minutes. Then bring water back to boil. Add noodles and bok choy and cook until noodles are al-dente and bok choy is bright green (about 3-4 minutes). Drain.
7. **To assemble:** Peel and slice eggs in half. Place noodles and bok choy in each bowl. Add broth, tofu and egg to each bowl. Top with scallion greens and sesame seeds (optional: also top with nori and bean sprouts).