

# **Vegetarian ramen**

**Serves: 6**

**Prep time: 10 mins**

**Cook time: 20 mins**



## **Ingredients**

6 eggs  
270g dried ramen noodles  
2 tsp sesame oil  
4 garlic cloves, crushed  
5cm piece ginger, peeled, finely grated  
2 tbsp reduced-salt soy sauce  
1 reduced-salt vegetable stock cube  
3 tbsp white miso paste  
100g mushrooms, sliced  
150g fresh green beans, trimmed, halved  
2 baby bok choy, quartered  
3 green shallots, thinly sliced  
1 large carrot, shredded

## **Methods**

**Step 1:** To boil eggs, place the eggs in a medium saucepan and cover with water. Bring to the boil over high heat. When the water starts to boil, lower heat and cook for 4 minutes. Drain and cool under cold running water. Peel, halve and set aside.

**Step 2:** Meanwhile, cook the noodles for 2 minutes less than the packet instructions. Drain and leave in the pan with a little cooking water so they don't stick together.

**Step 3:** Heat the sesame oil in a large pot over medium heat. Add the garlic and ginger and cook for 1 minute or until fragrant.

**Step 4:** Stir in the soy sauce, stock, miso, mushrooms, beans and 1.5L (6 cups) water and bring to a boil. Reduce the heat to medium-low and simmer for 10 minutes or until mushrooms are tender.

**Step 5:** Add the bok choy and half the shallots to the broth and simmer for 2 minutes or until just wilted. Stir through the noodles.

**Step 6:** Divide the cooked vegies and noodles among bowls and ladle over broth. Serve topped with carrot, eggs and remaining shallots.

For this recipe and more visit:  
**[healthymadetasty.com.au](http://healthymadetasty.com.au)**



**Cancer Council**  
Healthy Made Tasty