

Chicken Ramen



Ingredients:

1 Skinless Chicken Fillet
500ml Chicken Stock
4 Cloves Garlic, 2 sliced
thumb-sized piece of Fresh Ginger, peeled and sliced
1 Bundle Ramen Or 1 Nest Egg Noodles
1 small Red Chilli, deseeded, chopped (optional)
handful Chopped Pak Choi/Dark Green Asian Leaf
small handful Shredded Chinese Leaf or Iceberg Lettuce
1-2 Spring Onions, sliced
coupe of Mushrooms, sliced
few rings Red Onion/Shallot (optional)
few Fresh Coriander Leaves
Groundnut/Sunflower or Vegetable Oil for frying
few drops of Sesame Oil
few drops Of Soy Sauce
piece of Fresh Lime/Lemon (optional)

Directions:

1. Cut the chicken lengthways into thin slices. Transfer to a plate. Turn it in a few drops of oil, 1 clove crushed garlic, optional squeeze of lime/lemon and chopped coriander. Set aside. Wash hands well.
2. Bring a pan of water to boil. Add noodles. Boil 2 minutes or till just tender. Drain. Set aside.
3. Tip stock into a pan. Add half the ginger and 2 cloves garlic. Bring to boil. Reduce heat to minimum immediately. Simmer for 5-10 minutes to infuse flavours. Use time to wash and prep vegetables. Remove from heat.
4. Brush a griddle or frying pan with oil. Put it on medium/high heat.
5. Add chicken strips. Cook 2 minutes or so per side till golden outside and white all through (never pink). Test with a knife. Return to heat if needed. Set aside.
6. Return stock to pan. Remove ginger. Add remaining ginger cut into matchsticks and the sliced garlic. Add mushrooms and green vegetables. Simmer for 3 minutes or until cooked but still textured.
7. Put noodles into a bowl. Add stock and vegetables. Place chicken on top. Add coriander, spring onion, optional chilli. Add a drop of soy, a drizzle sweet chilli sauce or a squeeze of lime if you like.

Nutrition:

Serves 1-2

Prep Time: 15mins **Cooking Time:** 30 mins



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