Ramen (Japanese Chicken Noodle Soup)

Recipe by: Chef Jonathan Poyourow, RD, LD
Yield: 4 servings

Ingredients:

2 cooked chicken breasts, boneless, skinless, thinly sliced diagonally
Salt and pepper for seasoning
1 teaspoon olive oil
8 cups chicken stock
4 tablespoons sesame oil
4 teaspoons ginger, minced
4 teaspoons garlic, minced
6 tablespoons low sodium soy sauce
4 tablespoons Mirin
8 ounce package of Soba noodles
4 eggs, soft boiled
12 medium shiitake mushrooms, cleaned and sliced
10 scallions, sliced
2 hot chili peppers, thinly sliced
1 cup of corn (about 2 ears of fresh, cooked corn, kernels removed, or frozen cooked)
4-5 baby bok choy bunches, sliced, blanched
4-6 sheets roasted seaweed
1-2 teaspoons sea salt

Method of Preparation:

1. Preheat oven to 375.
2. Season the chicken with salt and pepper. Add ½ teaspoon olive oil to a skillet and heat.
3. Sear the chicken until golden brown on both sides. Transfer the chicken to the oven for 15-20 minutes or until reaches 165 internal temperature.
4. For ramen broth: Heat ½ teaspoon olive oil in a large pot over medium heat.
5. Add garlic and ginger, cook until softened.
6. Add soy sauce and mirin, stir to combine.
7. Add stock, cover and bring to a boil. When stock reaches a boil, remove lid and let simmer for 5 minutes. Add the mushrooms. Season with salt.
8. To cook the soba noodles, follow package instructions.
9. For the eggs (soft-boiled): Fill a large bowl with ice water. Fill a pot with enough water to cover the eggs and bring to a boil. Gently lower the eggs into the boiling water and let simmer for 7 minutes. Transfer the eggs to the ice bath to stop cooking process. Wait until cool to handle and peel away the shell.
10. To assemble: Divide noodles into four large bowls. Add the sliced chicken and the broth. Top with fresh scallions, chili peppers, corn, bok choy, seaweed and egg, as desired.

Nutritional Analysis:
Calories: 645
Carbohydrates: 61 g
Sodium: 1,020 mg
Protein: 43 g
Fat: 25 g
Fiber: 6 g

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