



Spicy Miso Ramen



This Spicy Miso Ramen recipe features an umami-rich broth, shiitake mushrooms, and sweet pops of corn to balance the spice. Ready in right under 40 minutes, this easy homemade ramen recipe is pure comfort.

Course Dinner, Soup/Stew

Cuisine Japanese

Diet Low Lactose

Prep Time 10 minutes

Cook Time 30 minutes

Total Time 40 minutes

Servings 3

Calories 492kcal

Author [Jamie Vespa MS, RD](#)

Equipment

- Large Stock Pot or Dutch Oven

Ingredients

- 8 oz. ground chicken or pork (sub crumbled tempeh or tofu)
- 2 Tbsp. neutral cooking oil
- 6 to 8 oz. thinly sliced shiitake mushrooms, stems removed
- 1/2 cup minced shallots
- 4 garlic cloves, minced
- 1 Tbsp. freshly grated ginger
- 3 Tbsp. [white miso paste](#)
- 2 Tbsp. lower-sodium soy sauce
- 2 Tbsp. [rice vinegar](#)
- 1 Tbsp. [hot chili oil](#)
- 6 cups low sodium chicken or vegetable broth
- 2 packs dry ramen noodles (seasoning packs discarded)*
- 1 cup sweet corn (frozen/thawed, canned, or fresh)
- 3 soft-boiled eggs, halved*
- Thinly sliced green onions for garnish
- Toasted sesame seeds for garnish

Instructions

1. Heat a stock pot or Dutch oven over medium heat. Once hot, lightly grease and add chicken or pork (or vegetarian alternative). Cook for 4 to 5 minutes, using a wooden spoon to break meat into small pieces. Transfer meat to a bowl and set aside.

Add oil to pan, along with mushrooms. Cook 5 minutes, until golden and tender. Stir in shallots, garlic, and ginger; cook 2 to 3 more minutes, until aromatic.

2. Stir in miso paste, soy sauce, rice vinegar, and hot chili oil. Add broth and bring mixture to a boil. Lower heat and very gently simmer over medium-low for 20 minutes.

Bring broth back to a boil, and add noodles. Cook until noodles are al dente, about 3 minutes, or according to package instructions. Stir in cooked meat and corn.

Ladle ramen into bowls, and top each serving with 1 soft-boiled egg, a handful of green onions, and toasted sesame seeds. For more spice, drizzle extra chili oil overtop.

Notes

**Nutrition information includes egg topping.*

***Noodles:** You can use either **fresh** or **dried** ramen noodles. Alternatively, you can use [soba \(buckwheat\) noodles](#) or another gluten free variety, such as [brown rice & millet ramen](#).

***To make soft-boiled eggs:**

1. Let eggs come close to room temperature either by letting them sit on the counter for an hour, or running under warm water.
2. Bring a medium pot of water to a boil.
3. Very delicately lower eggs into boiling water. Set the timer for **6 minutes**.
4. Remove eggs and plunge into an ice water bath. Gently peel off shells, slice the eggs in half, and place on top of ramen.

Nutrition

Serving: 2.5cups | Calories: 492kcal | Carbohydrates: 37g | Protein: 25g | Fat: 27g | Saturated Fat: 6g | Sodium: 1650mg | Fiber: 1g | Sugar: 4g