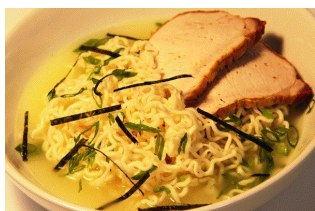


Ramen Noodle Bowl



Build for noodle bowl station.

Yield	10-1/4 oz
Serves	1
Preparation time	1 minute
Cooking time	3 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
6	fl oz	3/4 cup		Ramen Broth - prepared	(see recipe)
2	oz	1/2 cup		Chuka Soba Noodles	
2	oz			Pork, fresh, loin, cooked, roasted	sliced
1	ea			Seaweed, raw	cut into 2x2
.25	oz	1/4 cup		Scallion	sliced

Preparation Steps

1. Prior to service, cook soba noodles according to package directions.
2. Sauté protein until hot.
3. Add noodles and continue to cook until noodles are hot.
4. Transfer to bowl and sauce with ramen broth.
5. Garnish with herbs and more delicate items.

Chef's tip

Add a medium hard boiled egg for more adventurous eaters.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	323.2
Energy (Kj)	1433.1
Protein (g)	22.7
Carbohydrate, total (g)	44.1
Fats, total (g)	6
Sugars, total (g)	0.9
Fats, saturated (g)	1.7
Fiber, total dietary (g)	2.4
Sodium (mg)	599.6
Calcium (mg)	18.8
Cholesterol (mg)	46.5
Iron (mg)	0.7
Vitamin A (µg_RAE)	8.9
Vitamin C (mg)	2.2

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

Ramen Broth

Twist on a popular soup featuring MINOR'S® Bases.

Yield 170 fl.oz.

Serves 28

Preparation time 5 minutes

Cooking time 55 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
160	fl oz	5 qts		Water	
1	oz			Kombu, dried	
1.5	oz	2 tbsp		<u>MINOR'S® Ham Base (No Added MSG) 6x1 lb.</u>	
2	oz	3 tbsp		<u>MINOR'S® Gluten Free Chicken Base made with Natural Ingredients (6x1lb)</u>	
1	oz	2 cups		Shiitake mushrooms, dried	
4	oz	2 cups		Scallions	

Preparation Steps

1. Combine water and kombu and soak for 20 minutes.
2. Whisk in Ham and Chicken Bases and add mushrooms and scallions. Bring to a boil, and then reduce to a simmer. Simmer for 20 minutes or until mushrooms have softened.
3. Strain ramen stock and discard solids.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	13.5
Energy (KJ)	58.5
Protein (g)	0.7
Carbohydrate, total (g)	2.3
Fats, total (g)	0.4
Sugars, total (g)	0.7
Fiber, total dietary (g)	0.6
Sodium (mg)	430
Calcium (mg)	15.7
Cholesterol (mg)	1
Iron (mg)	0.2
Vitamin A (µg_RAE)	3.8
Vitamin C (mg)	1

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.