

Ramen Noodle Bowl
With veggies, tofu and shrimp
(Can be modified for Vegan)
(serves 4)

Ingredients

2 Boxes Vegetable broth (2-32 oz boxes)-or homemade
Grapeseed oil or avocado oil
3-4 garlic cloves chopped
1-2 inch ginger-peeled and chopped
3-4 scallions-white and bottom of greens separated from green tops
½ oz dried mushrooms
2 TB soy sauce or tamari
1 TB sesame oil
2 TB mirin or rice wine vinegar
1 ½ TB miso paste
1-2 TB Sambal (depends on how hot you want your broth)
Assorted vegetables: baby bok choy and any of the following: shiitake mushrooms, sugar snap peas, sliced carrots, red pepper sliced, zucchini
½ pound of medium shrimp, peeled (Optional if not using seafood)
Extra firm tofu, ½ a box, about 6-7 oz, drained and dried
4 eggs
3-4 bundles of ramen noodles (I use Ocean's Halo)
Bean sprouts



- 1-in a large Dutch oven, heat the oil to medium-low and cook the garlic, ginger and scallions bottoms (reserve the tops of the scallions and chop for a topping later).
- 2-Mix the tamari, sesame oil, sambal, mirin and miso together. Take out 2-3 TB to use to season tofu, vegetables (and shrimp if using).
- 3-Add the broth, dried mushrooms and the rest of the Tamari mixture. Bring to a boil and simmer for about an hour.
- 4-While the broth is cooking, heat a wok or large frying pan. Rub some of the sauce mixture on the tofu and cook on med high heat until browned on both sides. Once cooled, cut into serving size pieces
- 5-if using shrimp, add them into the hot pan/wok and add a little more sauce. Cook for 2 min, flip and cook 2 more until brown on both sides
- 6-add the vegetables to the pan/wok and rest of the sauce and saute. (I put the carrots and zucchini first, then all the rest except the bok choy which I add last). Do not overcook. I like to have my veggie on the crunchy side.
- 7-bring a pot of water to a boil and add some salt. About 10-15 minutes before you are to eat, add the eggs into the boiling water, reduce heat slightly and cook for 7 ½ minutes. Remove the quickly and put in bowl filled with ice water. Peel and set aside
- 8-strain the broth, discard any solids and return to the pot and keep on med-low heat
- 8-add your noodles to the water, turn off and let sit in water 3-4 minutes until noodles have soften. Remove from water and drain.
- 9-split the noodled between 4 bowls
- 10-add broth to the bowls, leaving room for the toppings
- 11-split the veggies between the 4 bowls

12-place some tofu on one corner of the bowl, add some sprouts to another corner, add shrimp (if using to another) and top with scallions

13-cut each egg in half, they should have soft yolks, and place 2 halves over each bowl