



NOURISHING PORK BELLY RAMEN



INGREDIENTS

- 12oz (340 g) cooked pork belly
- 2 eggs
- 3 scallions, cut on diagonal
- 1 tbsp (15g) fresh ginger
- 1 tbsp (15g) soy sauce
- 2 tbsp (30g) sesame oil
- 1 tbsp (15g) mirin
- 1 qt (946g) bone broth
- 1/4 (50g) cup white miso paste
- 9 oz (255g) ramen noodles
- 3 heads baby bok choy
- 2 sheets nori cut into strips
- Salt & pepper to taste

Optional toppings: shredded cheese, corn, chili paste, butter, pickled ginger, mushrooms, peanuts, hot sauce, lime, sesame seeds.

PREP TIME

- Prep | 30 m
- Cook | 20 m
- Ready in | 50 minutes
- Serves 3-4

PROCEDURE

01

Bring a pot of water to boil, add eggs and set timer for 6 minutes. In a small bowl, prepare an ice bath for the cooked eggs once the timer goes off. Once cooled, peel the eggs.

02

Slice pork belly and pan sear on medium heat until golden.

03

Heat 2 tablespoons sesame oil in pot over medium. Add sliced scallions and ginger. Cook, stirring often, until fragrant, about 1 minute. Add broth, 2 cups water, mirin, and soy sauce; bring to a simmer.

04

Whisk a spoonful of broth with miso in a small bowl; stir into soup. Add noodles and bring to a simmer. Cook noodles according to package instructions. Add bok choy and simmer until just wilted, about 2 minutes. Ladle into bowls and top each serving with pork belly, eggs, nori and scallions and/or optional toppings.

NOURISHING VEGETARIAN RAMEN



INGREDIENTS

- 12oz (340g) extra firm tofu
- 2 eggs
- 3 scallions, divided
- 1 tbsp (15g) fresh ginger
- 1 tbsp (15g) soy sauce
- 4 tbsp (60g) sesame oil
- 1 tbsp (15g) mirin
- 2 tbsp (30g) EVOO or avo oil
- 1 qt (946g) vegetable broth
- 1/4 (50g) cup white miso paste
- 9 oz (255g) ramen noodles
- 3 heads baby bok choy
- 2 sheets nori cut into strips
- Salt & pepper to taste

Optional toppings: shredded cheese, corn, chili paste, butter, pickled ginger, mushrooms, peanuts, hot sauce, lime, sesame seeds.

PREP TIME

- Prep | 30 m
- Cook | 20 m
- Ready in | 50 minutes
- Serves 3-4

PROCEDURE

- 01** Bring a pot of water to boil, add eggs and set timer for 6 minutes. In a small bowl, prepare an ice bath for the cooked eggs once the timer goes off. Once cooled peel the eggs.
- 02** Press moisture out of tofu with a paper towel. Cut into bite-sized cubes, fry in 2 tablespoons sesame oil on medium heat until golden.
Heat remaining 2 tablespoons sesame oil in pot over medium. Add sliced scallions and ginger. Cook, stirring often, until fragrant, about 1 minute.
- 03** Add broth, 2 cups water, mirin, and soy sauce; bring to a simmer.
- 04** Whisk a spoonful of broth with miso in a small bowl; stir into soup. Add noodles and bring to a simmer. Cook according to package instructions. Add bok choy and simmer until just wilted, about 2 minutes. Ladle into bowls and top each serving with tofu, eggs, nori and scallions and/or optional toppings.