

Japanese vegetarian ramen

Total time **25 mins** 10 mins preparation time 15 mins cooking time

Nutritional facts (per portion):
2,369 kJ / 567 kcal

Fat: **18.9 g** Protein: **26.2 g**
Carbohydrates: **70.8 g**

INGREDIENTS

2 portion(s)

200 g	tofu
300 ml	sunflower oil
0.25	carrot
160 g	bok-choy
100 g	leek
4 piece	green beans
200 g	ramen noodles
For the ramen Soup:	
60 ml	<u>Kikkoman Concentrated</u> <u>Ramen Noodle Soup</u> <u>Base - Shoyu (Soy Sauce)</u> <u>Flavour</u>
540 ml	water
For the seasoning mix for Shiitake mushrooms:	
2 piece	shiitake mushrooms
25 ml	<u>Kikkoman Concentrated</u> <u>Ramen Noodle Soup</u> <u>Base - Shoyu (Soy Sauce)</u> <u>Flavour</u>
150 ml	water

PREPARATION

Step 1

For fried tofu, drain the tofu with kitchen paper, put in microwave (700w) for 2 minutes, then fry in the oil for 10 minutes.

Step 2

Bring the seasoning mix for shiitake to the boil and cook for 7 min.

Step 3

Chop the carrots, leek and bok-choy. Boil each of these vegetables and the green beans separately until softened.

Step 4

Prepare the noodles according to the packet instructions.

Step 5

Bring approx. 540 ml water to the boil in a pan, mix with 60ml Kikkoman Ramen Soup Base.

Step 6

Divide the soup into 2 bowls. Drain the noodles well and add to the soup.

Step 7

Place the cooked shiitake, boiled vegetables and

garnish with tofu.