KIKKOMAN

Sweet potato ramen with oyster mushrooms

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

Nutritional facts (per portion):
1,682 kJ / 403 kcal

Fat: **13 g** Protein: **7 g**
Carbohydrates: **64.2 g**

INGREDIENTS

2 portion(s)

350 g	sweet potatoes
120 g	parsnips (or parsley root or celeriac)
1	shallot
1	garlic clove
1 tbsp	Kikkoman Toasted Sesame Oil
300 ml	rice drink or oat drink
300 ml	water
2.5 tbsp	Kikkoman Concentrated Ramen Noodle Soup Base - Shoyu (Soy Sauce) Flavour

Mushrooms:

80 g	king oyster mushrooms
1 tbsp	Kikkoman Toasted Sesame Oil
0.25 tsp	Kikkoman Concentrated Ramen Noodle Soup Base - Shoyu (Soy Sauce) Flavour
1 tsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
	Freshly ground pepper to taste
0.25 bunch	parsley

Additional:

2 tsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
	Freshly ground pepper to taste

PREPARATION

Step 1

350 g sweet potatoes - **120 g** parsnips (or parsley root or celeriac) - **1** shallot - **1** garlic clove - **1 tbsp** Kikkoman Toasted Sesame Oil
Dice the sweet potatoes and parsnips. Peel and finely chop the shallot and garlic. Heat the Kikkoman Sesame Oil in a saucepan and gently sauté the shallot and garlic with the sweet potatoes and parsnips.

Step 2

300 ml rice drink or oat drink - **300 ml** water - **2.5 tbsp** Kikkoman Concentrated Ramen Noodle Soup Base - Shoyu (Soy Sauce) Flavour
Pour in the rice or oat drink and the water, add the Kikkoman Ramen Soup Base, bring to the boil and cook covered for about 15 minutes.

Step 3

80 g king oyster mushrooms - **1 tbsp** Kikkoman Toasted Sesame Oil - **0.25 tsp** Kikkoman Concentrated Ramen Noodle Soup Base - Shoyu (Soy Sauce) Flavour - **1 tsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon - Freshly ground pepper to taste - **0.25 bunch** parsley
Cut the mushrooms into strips. Heat the Kikkoman Sesame Oil in a pan and fry the mushrooms for 3 minutes until golden. Season with the Kikkoman Ramen Soup Base, the Kikkoman Lemon Ponzu and pepper. Finely chop the parsley.

Step 4

2 tsp Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon - Freshly ground pepper to taste - **3 pinch** ground nutmeg - Chilli flakes

3 pinch	ground nutmeg Chilli flakes	Blend the soup, then season with the Kikkoman Lemon Ponzu, pepper and nutmeg. Ladle into soup bowls or cups, top with the mushrooms, parsley and chilli flakes and serve.