



# Thai-inspired chicken ramen

Heart Foundation recipe



Serves 4



Prep: 15 minutes

Cook: 30 minutes

## INGREDIENTS

- 1 tablespoon sesame oil
- 3 cloves garlic, crushed
- 1½ tablespoons finely grated fresh ginger
- 2 tablespoons Thai chilli jam
- 400g chicken breast fillets
- 1 tablespoon soy sauce
- 7 cups water
- 2 x 250g packets superfood vegetable stir-fry mix (see tips)
- 180g dried soba noodles
- 4 soft boiled eggs, halved
- 4 green spring onions, thinly sliced

### To garnish:

- Toasted sesame seeds (white and/or black)
- Coriander sprigs
- Thinly sliced red chilli

## DIRECTIONS

1. Place sesame oil, garlic, ginger and chilli jam in a large, deep pot. Stir over a medium heat for about 2 minutes or until fragrant. Add chicken, and turn to coat it in the chilli mixture.
2. Stir in 7 cups water, and the soy sauce. Bring to the boil, then reduce heat. Cover and simmer for 15 minutes.
3. Remove from heat. Stand, covered, for 10 minutes, until the chicken is cooked through. Remove chicken from broth and wrap it in foil to keep warm.
4. Return the pot to the heat, and bring broth to a simmer. Add the vegetable mix. Simmer, uncovered, for 5 minutes or until vegetables are just tender.
5. Thinly slice the chicken. Meanwhile, cook the noodles in a separate saucepan of boiling water, following packet instructions. Drain.
6. To serve: divide noodles, broth and vegetables among 4 bowls. Top with chicken, eggs and shallots. Sprinkle with your choice of toppings.

## NOTES

- Superfoods vegetable stir-fry mix is available from the fruit and vegetable section in supermarkets. It consists of shredded cabbage, carrot, kale and broccoli. Replace it with any shredded stir-fry mix or make your own mix.
- Cooking time may vary depending on thickness of chicken breast. Check chicken is cooked through before wrapping in foil to rest.
- For soft boiled eggs, lower room-temperature eggs into a pot of gently boiling water. Gently boil for 5 minutes. Drain. Rinse under cold water, then peel.



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