

JAPANESE RAMEN



Ramen is a Japanese dish consisting of wheat noodles, served in a meat or fish-based broth, and finished with a variety of toppings.

Choose from sliced meats (duck, pork, chicken), seafood, boiled egg, nori (dried seaweed), and vegetables such as spring onions, spinach, sweetcorn, mushrooms, beansprouts ... basically anything goes!



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use a jug to measure liquids; use measuring spoons and cups; use weighing scales; cut using bridge/claw knife technique safely; use a sieve; use the hob (with adult supervision).

Equipment: 2 large saucepans, chopping board, knife, measuring spoons, measuring jug, weighing scales, sieve, wooden spoon.

Allergens*: Wheat | Gluten | Celery | Soya | Eggs

Ingredients (serves 4, or 8 taster portions):

Broth ingredients:

- 700ml chicken stock
- 3 garlic cloves, halved
- 4 tbsp soy sauce, low salt
- 1 tsp Worcestershire sauce
- 4cm piece of ginger, sliced
- 1 tsp Chinese 5 spice
- pinch of chilli powder

Suggested toppings:

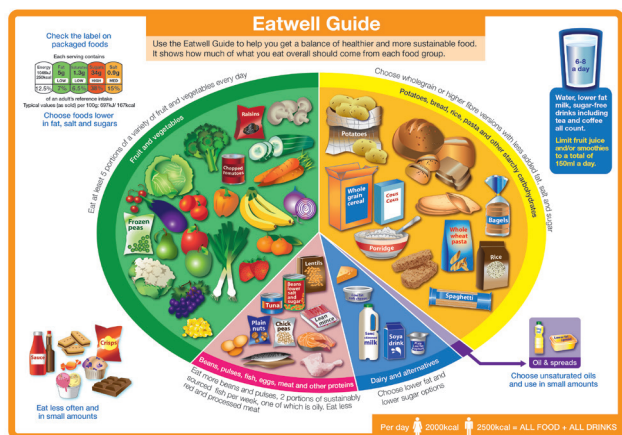
- 375g ramen noodles, wholewheat
- Boiled eggs, sliced cooked meat, vegetables

** Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use*

Method

1. Mix all broth ingredients together in a large saucepan. Bring to the boil; reduce the heat and simmer for 5 minutes.
2. Cook 375g ramen noodles following the packet instructions; drain and divide between your bowls.
3. Strain the stock into a clean pan, bring back to the boil and divide between your bowls, pouring over the noodles.
4. Top each bowl with your chosen toppings.

JAPANESE RAMEN Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Japanese Ramen ...

Ramen Noodles are wheat-based noodles. Low in fat and sugar, they are a good source of starchy carbohydrates which give us energy. Wholegrain varieties are available which contain more fibre.

Broth is a low fat, low sugar soup made from stock and other flavourings. Beware the salt content; ALWAYS use reduced salt stock.

Vegetables are so good for us! Low in fat, sugar and salt and high in vitamins and minerals.



Energy, sugar, fat and salt per serving

Per 329g serving

ENERGY
672kJ / 159kcal

8%

LOW

FAT
2.6g

4%

LOW

SATURATES
0.7g

4%

LOW

SUGARS
2.6g

3%

HIGH

SALT
2.4g

40%

% of an adult's reference intake

Typical values per 100g : Energy 204kJ / 48kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage