

D.I.Y. ramen noodle Bowl

Craving a hot and steamy ramen noodle bowl like you might find at your local Asian noodle shop? Here are the details you need to know to make a great ramen bowl with a few shortcuts along the way.

Flavorings & Condiments

Be adventurous, but don't add too many competing flavors. Add a splash of fish sauce for an umami-touch. Stir in rice vinegar and sesame oil into reduced-sodium soy sauce for a savory combo. Kick up the heat with chili garlic sauce. A grating of fresh ginger or thin strips of pickled ginger is a nice touch. Finish it all off with a squeeze of lemon or lime juice to brighten the flavors... and then slurp away!

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Pump Up the Protein

Don't forget to include protein in your bowl. Thinly sliced meats such as beef brisket, flank steak, chicken breast or pork tenderloin are great options. For something quick, add shredded chicken, cooked shrimp or cubed tofu. A soft or hard-cooked egg is also a great finishing touch.

Forget-Me-Not Fixings

Traditionally, ramen is topped with nori (dried seaweed) and diced green onions, but to make a bowl your own, include ingredients with a variety of flavors and textures. Add corn kernels for sweetness, bean sprouts and bamboo shoots for crunch, a charred jalapeño for heat and shiitake or cremini mushrooms for an earthy flavor.



Vegetation

Just before serving, stir in some quick cooking vegetables such as baby spinach, arugula, baby kale or watercress. Longer cooking vegetables like bok choy, napa cabbage, broccoli, cauliflower, snap peas or shredded carrots can be added to the noodles as they are cooking.

Bubbling Broth & Noodles

At the heart of any ramen bowl is the broth. Usually pork, chicken or seafood broth is used and then seasoned with soy sauce, miso or salt. A slightly firm, chewy noodle that allows the right amount of flavor to adhere is ideal. But if you want a quick, semi-homemade ramen bowl, start with a less-sodium chicken, beef or vegetable broth and add a package of quick-cook wavy ramen noodles.

Just Add Ramen!

Try this crunchy spring salad.

Tangy Thai Mango & Ramen Noodle Salad

Total Time: 40 minutes • Serves: 6

Salad

- 2 packages (3 ounces each) instant ramen noodles
- $\frac{3}{4}$ cup Schnucks sweetened coconut flakes
- $1\frac{1}{2}$ cups pre-cut cole slaw mix
- 2 ripe mangoes, peeled and diced (about 4 cup)
- 1 large carrot, shredded
- $\frac{1}{4}$ cup sliced red onion
- 2 green onions, sliced
- 2 tablespoons chopped fresh cilantro leaves
- $\frac{3}{4}$ cup Schnucks lightly salted cashew halves & pieces

Dressing

- $\frac{1}{4}$ cup fresh lime juice
- $\frac{1}{4}$ cup rice vinegar
- 2 tablespoons Schnucks brown sugar
- 2 tablespoons toasted sesame oil
- 2 teaspoons fish sauce

Prepare Salad: Preheat oven to 350°F. Break noodles into small pieces, spreading in single layer on rimmed baking pan; reserve seasoning packets for another use. Bake noodles 20 minutes or until lightly browned, stirring halfway through baking.

Meanwhile, cook coconut in microwave oven 2 minutes or until toasted, stirring every 30 seconds; cool.

Prepare Dressing: In large bowl, whisk together lime juice, vinegar, brown sugar, oil and fish sauce. Add cole slaw, mangoes, carrot, onions, cilantro, cashews, noodles and coconut; toss until well combined. Let stand 15 minutes or cover and refrigerate up to 2 hours before serving. Makes about 8 cups.

Each serving: about 341 calories, 18 g total fat (8 g saturated), 0 mg cholesterol, 273 mg sodium, 42 g carbohydrate, 5 g fiber, 28 g sugars, 7 g protein

> Cook's Wisdom

Add a diced jalapeño chile pepper or sriracha hot chili sauce to the dressing for a spicier flavor.

Salad and dressing can be prepared, covered and refrigerated 1 day ahead. Toss salad with dressing, ramen noodles, coconut and cashews 15 minutes before serving.