



Spicy pork ramen

Ingredients: (Serves 4)

1 tablespoon olive oil
500g pork mince
4 spring onions, thinly sliced
4 garlic cloves, finely grated
thumb-sized piece of ginger, finely grated
2 tablespoons hot chilli sauce (eg. sriracha)
1L salt-reduced chicken stock
1 cup dried shitake mushrooms
¼ cup miso paste
¼ cup bonito flakes
180g ramen noodles
2 bunches of bok choy, quartered lengthways
1 long red chilli, thinly sliced
1 tablespoon sesame seeds, toasted

Method:

1. Heat oil in a large stock pot over medium-high heat. Cook pork mince, breaking up lumps with a wooden spoon, for 5-6 minutes or until golden and crispy. Add white part of the spring onions, garlic and ginger and cook for a further minute or until fragrant. Stir through hot chilli sauce. Remove from pan.
2. Return pan to the heat and add chicken stock, dried shitake mushrooms, miso paste and bonito flakes. Bring to the boil over high heat then reduce heat to a simmer. Add ramen noodles and bok choy and cook for 2-3 minutes or until both are tender.
3. To serve, divide noodles and bok choy between serving bowls. Top with pork, then ladle over hot broth. Garnish ramen with green part of the spring onions, chilli and sesame seeds.

Nutrition Information: (Per serve)

Energy:	2265kJ (529cal)	Protein:	38.5g	Total Fat:	22.1g
Saturated Fat:	6.4g	Carbohydrate:	41.8g	Sugars:	6.2g
Fibre:	7.6g	Sodium:	2181mg		