



4

Servings

5_{min}

Prep Time

20_{min}

Cook Time

25_{min}

Total Time

One Pot Chicken Ramen

Ingredients

- 1 tsp extra virgin olive oil
- 2 cloves garlic, finely chopped
- 2 tsp grated ginger
- 1 tsp Chinese five spice powder
- 3 tbsp tamari
- 2 tbsp fish sauce
- 1 l chicken bone broth/stock
- 2 chicken breasts
- 4 eggs
- 1 zucchini, zoodled
- 390g konjac noodles, drained and rinsed
- 100g fresh shiitake mushrooms
- 1 bunch bok choy, ends cut off and chopped into large pieces
- 1 tsp sesame oil

Optional Toppings

- 1 tbsp dried chilli flakes
- 1 tbsp sesame seeds
- 2 spring onions, thinly sliced
- 1 sheet seaweed, torn

Macros Per Serve

Calories - 325 | Fat – 9.2g

Net Carbs – 1.1 g | Protein – 52.7g

Method

- 1 Heat olive oil in a large saucepan over a medium heat and add garlic, ginger and Chinese five spice. Stir until fragrant.
- 2 Add broth, tamari and fish sauce, stir to combine and then add chicken breasts and eggs (wash the eggs first to make sure the shells are clean).
- 3 Bring to the boil and then reduce to a simmer for 15 minutes.
- 4 After 3 minutes of simmering, remove the eggs with a slotted spoon.
- 5 Run the eggs under running cold water to peel and then cut in half and put to the side.
- 6 With 5 minutes to go, remove the chicken and add the shiitake mushrooms. Continue simmering while you slice the chicken and prepare the bowls.
- 7 In the serving bowls, arrange the konjac noodles, zoodles and bok choy. Lay sliced chicken on top of the noodles etc.
- 8 Add sesame oil to the broth and stir, then spoon into each bowl gently (the heat from the broth will cook the bok choy a little)
- 9 Place hard boiled eggs on top and sprinkle over preferred toppings.
- 10 Enjoy!