



Spicy Chicken Ramen

586 Calories

Ingredient List

Ramen

- 6 cups chicken bone broth
- 2 cups cream of chicken soup
- 1 oz dried shitake mushrooms
- 4 garlic cloves
- 1 tbsp soy sauce
- 1 tbsp cooking sherry
- 1 tbsp sriracha (optional)
- 1 lb of ramen noodles

Roasted Chicken

- 1 1/2 lbs of boneless skinless chicken thighs (or breasts)
- 1 tsp sesame oil
- 3 tsp garlic powder

- 1/2 tsp white pepper
- 1/2 black pepper
- 1/2 tsp salt
- 1/2 tsp soy sauce

Toppings

- 1-2 lbs of bok choy, roughly chopped
- 2 green onions, roughly chopped
- Rehydrated shitake mushrooms, sliced
- 4 hard-boiled eggs
- Sesame seeds (optional)

Cooking Instructions

1. Preheat your air fryer or oven to 400°F. Meanwhile, bring 5 cups of water to a boil, then turn off the heat and add the dried shitake mushrooms in it.
2. Combine all the ingredients listed for the roasted chicken list in a mixing bowl, ensuring every piece of chicken is evenly coated. Transfer to the oven and bake for 30 minutes, or cook in the air fryer for 20 minutes.
3. In another pot, bring water to a boil and gently add 4 eggs. Boil them to your preferred level of doneness, then promptly remove and plunge them into cold water to stop the cooking process. Set aside.
4. Chop the bok choy and green onions, and set them aside for later use.
5. Remove the shitake mushrooms from the warm water. Slice the mushrooms and reserve the liquid.
6. Heat a pot over medium heat and coat lightly with cooking spray. Add the garlic and sauté for about 15-20 seconds, just until fragrant.
7. Pour in the cooking sherry followed by the soy sauce and stir well.
8. Add the cream of chicken soup and stir until it becomes a thick liquid. Then add the 1 tbsp of sriracha, 2 cups of the mushroom liquid, and the 6 cups of bone broth. Stir well.
9. Let the broth simmer. Meanwhile, bring another pot of water to a boil and cook the ramen noodles according to package directions.
10. If the chicken is done by this point, set it aside to rest for a few minutes and then slice into long pieces.
11. Add the bok choy and sliced mushrooms to the simmering broth and cook for an additional 2 minutes, allowing the vegetables to soften slightly.
12. In a deep serving bowl, layer 1 1/2 cups of cooked noodles. Ladle a 1/4 of the hot broth over the noodles, then top with the bok choy, mushrooms, and 5 oz of roasted chicken. Add a peeled, halved hard-boiled egg and a sprinkle of green onions. Enjoy!

MACROS



● Fat	18g
● Carbs	51g
● Protein	55g