

Beef Ramen



Preparation time:	35 mins
Serves:	4 people
User Rating:	★★★★☆

Publication: 1 April 2020
Categories: Dinner Recipes

Fact: packet ramen noodles have never tasted so good.

Get set for prepping this popular classic in an easy-to-follow recipe for success. What's not to love? Tantalising beef packed with authentic flavours, slurpy noodles and a photo-worthy finish...

Finally, this is how to make delicious beef ramen like the pros - with a perfectly poached egg on top for that authentic touch.

Got your chopsticks ready?



Ingredients

- 1 tbsp vegetable oil
- 2 garlic cloves, crushed
- 2cm piece ginger, peeled, grated
- 1 long red chilli, deseeded, finely chopped, plus extra, sliced, to serve
- 1L (4 cups) chicken stock
- 2 tbsp salt-reduced soy
- 2 tbsp rice wine vinegar

- 1 cob of corn, husks and silk removed
- 1 bunch broccolini, trimmed, halved lengthways 200g Swiss brown mushrooms, halved
- 270g ramen noodles
- 2 tsp vegetable oil
- 400g eye fillet steak
- 4 eggs
- 2 green onions, thinly sliced diagonally
- 1 tbsps toasted sesame seeds

Method

1. Heat oil in a large deep saucepan over medium heat. Add garlic, ginger and chilli. Cook for 2 minutes or until aromatic. Add chicken stock, soy sauce, rice wine vinegar and 3 cups of water and bring to the boil.
2. Add corn and broccolini to stock. Cook broccolini for 2 minutes and corn for 5 minutes or until tender. Remove corn and place on a chopping board. Transfer broccolini to a bowl. Add mushrooms to stock and cook for 3 minutes. Remove with a slotted spoon to bowl with broccolini. Add noodles to stock and cook for 4 minutes. Cut kernels from corn.
3. Meanwhile, heat a frying pan over a medium high heat. Rub oil over steak and season. Cook for 3-4 minutes each side for medium-rare. Transfer to a plate and stand for 10 minutes. Thinly slice.
4. Bring a medium saucepan of water to the boil. Reduce heat to low, and when bubbles subside, use a spoon to stir the water until a whirlpool forms. Break an egg into a small bowl and gently slide into whirlpool. Cook for 3 minutes or until white is cooked. Use a slotted spoon to transfer egg to a plate. Repeat with remaining eggs.
5. Place noodles and stock into serving bowls. Top with broccolini, corn, mushrooms, beef and an egg. Sprinkle with onions, sesame seeds and chilli. Serve.

Notes

A vegetarian alternative? You bet. Swap out the beef for tofu, and the chicken stock for vegetable stock. Done.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
617g	2090kj 500kcal	38.3g	24.5g	6.6g	26.3g	3.9g	1520mg	5.7g
Vitamin D								
7.7µg								

All nutrition values are per serve.