

RAMEN NOODLE SOUP

Ingredients (Serves 4)

- | | |
|--|--|
| 300g dried ramen noodles | 200g baby sweetcorn, halved lengthways |
| 1.2 litres vegetable stock | 200g mangetout, halved lengthways |
| 6 spring onions, sliced diagonally | 2 x 225g cans bamboo shoots in water, drained |
| 2 garlic cloves, crushed | 2 x 225g cans water chestnuts in water, drained and sliced |
| 1 red chilli, deseeded and finely chopped, plus extra to garnish | 2 pak choi, roughly shredded |
| 2cm piece of root ginger, peeled and grated | 1tbsp light soy sauce/tamari |
| 1 carrot, halved lengthways and thinly sliced | |

1. Cook the noodles according to the packet instructions then drain and keep warm.
2. Meanwhile, put the stock in a large saucepan and add the spring onions, garlic, chilli and ginger. Bring to the boil over a high heat then turn the heat to medium and cook for 5-6 minutes.
3. Stir in the carrot, sweetcorn, mangetout, bamboo shoots, water chestnuts and pak choi and cook for 3-4 minutes or until the vegetables are just tender.
4. Add the noodles to the pan, bring back to the boil and remove from the heat. Stir in the soy sauces and ladle into wide bowls. Scatter over the extra chilli and serve hot.



Find more recipes at:

<https://www.slimmingworld.co.uk/recipes>

<https://onelifesuffolk.co.uk/services/families-young-people/cookery-sessions/>

Slimming[®]
WORLD

Partnerships