

What's in the Bag

Jar seasoning (bouillon, tahini, soy sauce, rice vinegar, miso paste)

1 " ginger

1 package ramen noodles

1-2 lbs of mushrooms

2 shallots

2 tbsp sesame seeds

1/2 tsp chilli flakes

cilantro

green onions

1 carrot

bok choy

4 eggs

What's Not

Salt

neutral oil such as sunflower,
grape seed or vegetable