Ramen Noodle Bowl with Bok Choy

45 minutes

Ingredients (serves four)

3 bouillon cubes (or stock in place of water & bouillon)
8 cups of water
1/4 cup soy sauce
1/4 cup tahini
2 tbsp rice vinegar
3 tbsp white miso paste
1" fresh ginger
2 cloves garlic
1 package ramen noodles
1-2 lbs mushrooms roughly torn
2 small shallots sliced
2 tbsp sesame seeds
1/2 tsp chilli flakes (use to taste)
1/4 cup cilantro
4 medium boiled eggs
1 carrot sliced into matchsticks
Green onion sliced
Bok choy

Check out the video at https://tobermorymeetingplace.com/food-programs/good-to-go/

Instructions

1. Preheat oven to 425 degrees F.
2. In a large pot on medium heat, add a glug of neutral oil (grape seed, sunflower etc) and add minced ginger and garlic. Cook until fragrant and then add 8 cups of water and your jar of seasoning which includes bouillon, tahini, soy sauce, rice vinegar and miso paste. Simmer on medium' low for 20 minutes.
3. While the broth is simmering, slice shallots and add to a baking sheet with mushrooms, sesame seeds, chilli flakes (if using), and a pinch of salt. Drizzle with oil and then bake for 15 minutes before switching the oven to broil for 1-2 minutes in order to crisp up the shallots. Watch closely so that it doesn't burn. Remove and set aside. (Note: alternatively you can do this on the stove top as Pierce did in the video).
4. While the mushrooms are baking put your 4 eggs in clod water and bring to a boil over high heat. Remove from heat immediately, cover pot and let stand for 6 minutes before removing eggs and dropping them into a cold water bath. Once cool, peel and cut in half. Set aside.
5. Using the same pot bring water back to a boil. Slice bok choy into quarters and drop into boiling water for 1 minute. Remove and place in cold water bath. Drain and set aside.
6. Bring the water back to a boil one last time and add noodles. Cook for 2-3 minutes, until soft and drain.
7. Divide noodles between 4 bowls. Ladle broth over top and add toppings as desired.
8. Enjoy!