



# Vegan ramen

20'

Hands on

10'

Cook Time

4

Portion(s)

1

Difficulty



## Ingredients

- 1 eggplant
- 200 g mushrooms
- 200 g tofu
- 3 tablespoons olive oil
- salt
- pepper
- 1 liter water
- 140 g miso paste
- 200 g broccoli, cut into small florets
- 160 g rice noodles
- 20 g fresh ginger, finely chopped
- 60 g green beans, finely chopped
- 4 radishes, thinly sliced

## Method

- **Cut** the eggplants into 1 cm slices. Sprinkle with a generous amount of salt and allow them to "sweat" for 10 minutes. This will remove any bitterness they may have. Rinse and pat dry with paper towels.
- Quarter the mushrooms and cut the tofu into 1 cm cubes.
- Place a **pan** over medium heat, add 1 tablespoon of olive oil and let it get hot.
- Saute the eggplant slices for 2-3 minutes on each side, until golden. Transfer to a plate lined with paper towels.
- Saute the mushrooms for 4-5 minutes, until golden. Transfer to plate with eggplants.
- Add the remaining olive oil to the pan, add the tofu and sauté for 3-4 minutes until a light golden crust is created. Remove from pan and set aside.
- Place a **pot** over medium to high heat. Add the water, miso paste, salt and pepper. Whisk to incorporate.
- As soon as the mixture comes to a boil, add the broccoli florets and boil for 4-6 minutes until they soften a little. Remove with a **slotted spoon** and divide between 4 serving bowls.
- Divide the noodles between the bowls also and add the ginger and the rest of the vegetables.
- Pour broth from pot into bowls and set aside for 4 minutes, to allow the noodles to cook.
- Check seasoning and serve.

## Tip

If you have any health problems, please make sure you reduce the quantity of salt and omit the eggplant's "sweating" process.

## Διατροφικός πίνακας

### Nutrition information per portion

335 Calories (kcal)	8.6 Total Fat (g)	1.4 Saturated Fat (g)	46.0 Total Carbs (g)
17%	12%	7%	18%
5.3 Sugars (g)	16.0 Protein (g)	6.6 Fibre (g)	2.5 Sodium (g)
6%	32%	26%	42%