



Asian Noodle Bowl

Serves 4 | Prep 20min | Cook 30min | Difficulty Easy

INGREDIENTS

Broth

1 litre chicken stock
 ¼ C (60 ml) rice vinegar
 1 Tbsp (15 ml) soy sauce
 1 Tbsp (15 ml) brown sugar
 1 Tbsp (15 ml) fish sauce
 2 tsp (10 ml) sesame oil
 2 garlic cloves, smashed
 1 knob of ginger, peeled and smashed
 2 star anise

Noodles and Toppings

4 large eggs, soft boiled (6-7 minutes)
 2 baby bok choy, halved
 150 g shimeji mushrooms
 3 egg noodle nests, cooked according to the packaging
 150 g edamame beans, cooked according to the packaging
 2 spring onions, sliced
 2 red chillies, sliced
 3 radishes, sliced
 2 Tbsp (30 ml) sesame seeds, toasted

METHOD

Set a medium sized pot over medium high heat. Add all the ingredients for the broth to the pot and bring to a boil. Reduce heat and simmer for 15 minutes.

After 15 minutes, use a slotted spoon to remove the garlic, ginger and star anise and discard. Bring the broth back up to a boil and add the bok choy - allow to blanch for 1 minute in the broth and then remove and place it into your serving bowls.

Add the mushrooms to the boiling broth then turn off the heat and leave for 3 minutes. Distribute cooked noodles into the serving bowls, then ladle the hot broth over the noodles. Top with edamame, spring onions, chillies and radishes. Add a soft poached egg to each bowl, garnish with sesame seeds and serve immediately.



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