



# Keto Friendly Ramen Noodles

 10 Minutes

 Serves 1

 Easy

## INGREDIENTS

- 250g Konjac/Shirataki Noodles, rinsed
- 1 Shrimp Bouillon cube
- ½ Dashi Soup Stock Sachet (or half of a fish stock cube)
- ½ tsp Cayenne Pepper – optional
- ½ tsp Sesame Oil
- 1pkt <sup>(3g)</sup> Bonito Fish Flakes – optional
- 10g Spring Onion, sliced
- 1pkt Season Seaweed Snack - optional
- 50g Raw Prawns Cutlets, – optional
- 250ml Water, can add more if you like it more soupy



## METHOD

- 1 Remove the shirataki noodles from their pouch and rinse under cold water to remove any of the watery residue and unsavoury smell or flavour.
- 2 Place the rinsed noodles into a non-stick pan over medium heat and dry-fry the noodles till you see some of them partially dehydrating (approximately 3-5 minutes).
- 3 While the noodles are dry-frying, take a small saucepan/pot and pour in the water, shrimp bouillon cube, dashi soup stock and cayenne pepper. Place the saucepan over moderate heat and bring to a simmer, ensuring to stir the stock flavourings and cayenne pepper so that there are no clumps.
- 4 With the stock simmering, add the dry-fried noodles and stir gently to mix them in. This will bring the stock temperature down a little. When the stock begins to bubble again, add the prawn cutlets. The prawns will turn an orange-red colour as they cook, and the flesh will become opaque white rather than translucent. Turn them in the stock to ensure all sides of the prawns are cooked but do not cook them for too long or they will become tough and rubbery. If in doubt, pull one out and taste it to see if they are ready. The whole cooking time, including the noodle dry-frying, should only take about 10 minutes.
- 5 Pour the soupy noodles and prawns into a soup bowl and sprinkle over the sliced spring onions and bonito flakes. Drizzle a little sesame oil over the top, grab your chopsticks or fork and spoon, and serve with your crunchy seasoned seaweed on the side.

Nutritional Information (per serve)					
Kcal	Fat	Protein	Carbohydrate	Fibre	Net Carb
157	6	14	15	14	1

### Tips:

- *If you have more carbs to play with for your daily macros, then the addition of a few more crunchy vegetables can add a tactile and satisfying crunch to this dish. Matchstick slices of radish work great, or a sprinkle of bean sprouts, or some Asian greens like pak choy.*
- *Do not be tempted to rinse the noodles and then place them in the soup stock without dry-frying. It is the dry-frying that really enables flavour to penetrate the partially dehydrated noodles when you eventually place them in the stock.*
- *If you want to be even more authentic, crack a raw egg over the top of the noodles after you have placed them in your serving bowl. The heat of the soup will help to cook the egg whites while leaving the yolk beautiful and oozy.*