

Coconut Curry Ramen



Makes 4 Servings

Ingredients:

- 1 Tbsp. red curry paste
- 1 Tbsp. yellow curry powder
- 1 Tbsp. sesame oil
- 1 Tbsp. minced garlic
- 1 Tbsp. fresh ginger, grated
- 4 cups stock (vegetable or chicken) – can use low sodium stock
- 1 (14 oz.) can full-fat coconut milk
- 1 bunch green onions, white and green parts, thinly sliced, divided
- 2 medium-sized zucchini (spiralized into zoodles)
- 8 oz. mushrooms, sliced (cremini or shitake)
- 1 lime, juiced
- 1 baby bok choy, chopped
- ½ tsp salt (optional)
- ½ cup shelled edamame (frozen is ok)
- 2 hard cooked eggs (optional)

Directions:

1. In a large pot over medium heat, whisk the red curry paste, yellow curry powder, sesame oil, garlic and ginger until fragrant, about 3 minutes.
2. Add the stock, coconut milk, white and light green parts of green onion (reserve dark parts for garnish), zoodles, mushrooms, lime juice, bok choy and salt. Bring to a boil. Boil for 2 minutes.
3. Add the shelled edamame and boil for 2 minutes longer.
4. Divide the ramen into four bowls, garnish with remaining green onion and one-half hard cooked egg. Serve and enjoy!

Notes: spiralized zucchini can be purchased in the refrigerated produce section of most grocery stores. You may also use actual dried ramen noodles (without the spice packet) in this recipe as well. Using a reduced-sodium stock will decrease the total sodium content by approximately one-third.

Nutritional facts per 1-1/2 cup serving:

Calories: 383 • Fat: 26g Sodium: 1109mg • Carbohydrates: 16g •
Dietary Fiber: 4g • Protein: 10g

Source: adapted from *TheModernProper.com*



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