

Fish Ramen

Recipe recommended by Yasmine Fellah
Nutrition Student @ University of Exeter



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	315kj	4%
Energy (kcal)	74kcal	4%
Fat	0.5g	1%
<i>of which saturates</i>	0g	0%
Carbohydrate	7.9g	3%
<i>of which sugars</i>	1.3g	1%
Fibre	1.5g	6%
Protein	8.9g	18%
Salt	0.59g	10%

Generated by Nutritics v5.61 on 09/09/2022

INGREDIENTS: (Serves 2, 370kcal per 498g)

- Smoked Haddock - or any fish of your choice (**FISH**)
- 2 wholewheat noodle nests boiled (**GLUTEN**)
- 1 medium pepper, chopped into batons
- 6 florets of broccoli, chopped into bite size pieces
- 4 cloves of garlic, grated
- 2 thumbs of ginger, grated
- 1 chilli, chopped into small pieces
- 2 bunches of coriander
- 2 tsp of lemon juice
- 2 tsp of soy sauce (**WHEAT GLUTEN, SOYA**)

METHOD:

1. Start by frying your vegetables in a pan with half of your ginger, garlic and chilli.
2. Then in the two bowls, separate the rest of the ginger garlic and chilli, along with half of the lemon juice and soy sauce into each bowl.
3. Add your noodles into each bowl alongside your preference of boiled water. A lot would be a watery ramen, less would be less soupy.
4. Then place your cooked vegetables on top of the noodles.
5. Fry of the fish of your choice, you can add extra seasonings to the fish, and once that is cooked place next to the vegetables. Finally, add the coriander to the bowl, alongside anything extra you want to add, like spring onions, chillies or kimchee.

ALLERGENS



GLUTEN



SOYA



FISH

MODIFY

This recipe can be modified by changing the protein, chicken works really well with this, but also tofu for a vegetarian version. All vegetables can be changed. This is really a recipe to make your own.

CREDIT

Recipe by: Yasmine Fellah
Photo by: Shutterstock