

# Hiyashi Chuka Salad (cold ramen)



## Ingredients

- Fresh ramen noodles (4 individual packages) or 1 package spaghetti noodle
- 1 cup** Shelled edamame, frozen or fresh
- 1-2** Small fresh tomatoes cut in half, then sliced thinly
- 2** Carrots, shredded
- 1** Cucumber, sliced into thin sticks

## Optional:

- 2** Large eggs

## Choose your protein:

sliced ham, cooked crab meat or shrimp, stewed shredded chicken, tofu or tempeh

## Sauce:

- $\frac{1}{2}$  cup** Soy sauce (or wheat-free Tamari soy sauce)
- 5 tsp.** White or rice vinegar
- 3 tbsp.** Sesame oil (optional)
- $\frac{1}{4}$  cup** Water or Stock (chicken or vegetable)
- 2 tbsp.** Sugar (or honey simple syrup)
- $\frac{1}{2}$  tsp.** Grated ginger

## Instructions

- 1** Cook noodles according to the package directions.
- 2** Run immediately under cold water when done cooking and set aside.
- 3** Optional: If using eggs, scramble and cook into thin omelette, then slice into thin pieces.
- 4** If using protein, cook it the way your family enjoys it most.
- 5** Layer noodles, vegetables, and protein.
- 6** Mix all sauce ingredients together and pour over the noodle salad.

## Rice bowl variation:

- 1** Substitute cooked jasmine or brown rice for the noodles.
- 2** Place rice in a bowl and layer the vegetables and proteins on top.
- 3** Pour sauce over top before serving.

## Soup variation:

- 1** Place prepared noodles into each serving bowl.
- 2** Layer vegetable and protein toppings.
- 3** Add 2-3 tbsp. sauce to each bowl.
- 4** Pour in 1-1 1/2 cups hot vegetable, miso, or chicken broth.

## Hiyashi Chuka Salad

# SHOPPING LIST



- Fresh ramen noodles (4 individual packages) or 1 package spaghetti noodle
- Shelled edamame, frozen or fresh
- Small tomatoes
- Carrots
- Cucumber
- Large eggs
- Choose your protein: sliced ham, cooked crab meat or shrimp, stewed shredded chicken, tofu, or tempeh
- Soy sauce (or wheat-free Tamari soy sauce)
- White or rice vinegar
- Sesame oil (optional)
- Stock (chicken or beef or vegetable)
- Sugar (or honey simple syrup)
- Ginger

### Notes: