



**MYELOMA
CANADA**
MAKING MYELOMA MATTER

MEAL
Vegetarian
Gluten-free
Dairy-free

Veggie Miso Ramen

DIGESTIVE & IMMUNE SYSTEM SUPPORT



Prep time: 10-15 minutes



Cooking time: 30 minutes



Total: 40-45 minutes



Allergens: Soy, egg, sesame **Servings:** 2 to 3



INGREDIENTS

- 1 head bok choy, washed, halved, remove root
- Handful of snap peas
- 2 (or 3) eggs - 1 per serving, boiled, halved
- 250 g soba noodles (brown rice noodles optional)
- 1 litre vegetable broth
- 1 to 1 ½ tsp light miso paste (miso paste is salty, add slowly to taste)
- 4 scallions, sliced finely
- 2 cloves of garlic, peeled, sliced finely
- 1 tsp fresh ginger, minced
- Drizzle extra virgin olive oil

GARNISH:

- Radish, sliced
- Fresh cilantro, stems removed
- Handful cooked edamame, shelled

SALAD TOPPING:

- 1 carrot, grated
- 1/2 zucchini, grated
- Fresh ginger, grated, sprinkle to taste
- 1/2 tsp black sesame seeds
- Dash of tamari
- 1/2 lime, freshly squeezed

Alternatives:

- Swap your egg for chicken, salmon or shiitake mushrooms.
- Try using the shiitake ginger broth from one of our previous recipes or use chicken broth if you prefer.

PREPARATION

1. In a saucepan over a medium heat, add drizzle of olive oil and sauté scallions, garlic and ginger until golden brown.
2. Add vegetable broth and gently stir in miso paste until it is mixed in well and there are no clumps. Opt for a gluten-free miso paste if gluten is a concern for you. Cook for approximately 5 minutes.
3. In a separate pot, boil eggs for approximately 7 minutes or until cooked through.
4. Cook soba noodles either on their own or in the broth for approximately 5 minutes (follow instructions on the noodle package).

Note: Soba noodles have a unique consistency. If you haven't cooked with them before you may want to cook them separately and rinse off excess starch under cold water before adding them to the broth.

5. While the noodles are cooking, make your salad topping by adding carrot, zucchini, black sesame seeds, ginger, tamari, and lime juice into a bowl. Mix and place to one side.
6. 1 to 2 minutes before the noodles are ready, add bok choy and snap peas to the broth.
7. Simmer for a few minutes. Spoon into individual serving bowls. Add tamari to taste but remember that miso already has a salty flavour.
8. Garnish with salad topping, edamame, cilantro and radish.
9. Place a sliced egg on each serving and sprinkle with black sesame seeds.
10. Serve hot!

RECIPE HEALTH BENEFITS

- Soba noodles are made from buckwheat which is a healthy substitute for those with gluten sensitivity. Buckwheat is full of powerful antioxidants. It contains manganese and magnesium in addition to amino acid tryptophan which helps induce sleep, and good amounts of fibre to support digestion. Soba noodles (buckwheat) also support the body in regulating blood sugar levels.
- Bok choy is a great source of vitamin C, K and fibre.
- The powerful combination of garlic and fresh ginger has anti-inflammatory and anti-cancer properties, and supports the immune system by warding off infections.
- Ginger on its own is used to alleviate nausea and sooth the stomach by reducing intestinal gas. It is nutrient rich with potassium, magnesium, copper, manganese and vitamin B6. Gingerols, the powerful anti-inflammatory compound found in ginger, contains its medicinal properties.

TIPS

- Vegetables must be washed thoroughly to remove dirt by running them under cold water before cooking. When cooking bok choy, remove any wilted/ brown leaves, slice in half and remove the root at the bottom to ensure there is no dirt between the leaves.
- Some ramen recipes call for soft-boiled eggs, however, if you have a weakened immune system, it's best to hard boil them to kill off any potentially harmful bacteria.
- Ensure when you are buying soba noodles that you read the ingredients carefully. Some brands will contain wheat flour so look for 100% buckwheat flour in the ingredients for a gluten-free option. An alternative to soba noodles is brown rice noodles which may be more accessible. Brown rice noodles are unrefined and still contain their fibre and vitamins. They also have a more subtle taste if buckwheat doesn't appeal to you.
- The best part about this recipe is that you can add as many seasonal vegetables to it as you please. You can use fresh vegetables for your salad topper or cook them in the broth for a softer consistency and to warm up the recipe.
- Like all soy products, ensure edamame are cooked before consumption.

This warming bowl packed with healthy vegetables and immune-boosting properties is perfect as we enter autumn. This dish is very versatile and can be adapted with seasonal vegetables to enjoy any time of the year. The noodles are interchangeable depending on your palate and texture preference as well as the broth being used. This Veggie Miso Ramen recipe contains many traditionally used medicinal ingredients to support and strengthen your body.



Recipe created by Gill Compton, CNM London:
Naturopathic Nutrition/NaturalChef

References:

- Mateljan, G. (2007). The World's Healthiest Foods. George Mateljan Foundation. Seattle, Washington. Pages 687-88, 708-709.
- CNM London. Soups, Stews, Broth. The Natural Chef Course. London, United Kingdom.
- CNM London. Herbs and Spices. The Natural Chef Course. London, United Kingdom.



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