



# EASY LAMB & MISO RAMEN BOWLS

It is so easy to achieve big flavour with a few Asian-inspired pantry staples. This easy recipe will have you slurp your noodles like there's no tomorrow. Deliciously meaty with the ultimate umami flavours created with miso, soy sauce, mushrooms, sesame oil and of course, South African lamb.

## INGREDIENTS: (SERVES 2)

15 ml (1 tablespoon) vegetable oil  
10 ml (2 tablespoons) sesame oil  
30 ml (1 tablespoon) fresh ginger, finely grated  
1 clove garlic, finely grated  
30 ml (2 tablespoons) miso paste  
1 litre (4 cups) mutton stock  
45 ml (3 tablespoons) soy sauce  
10 ml (2 teaspoons) brown sugar (optional)  
1 cup exotic mushrooms, sliced  
2 large lamb leg chops, bones removed (reserve them for the broth)  
water, for boiling  
about 200 g ramen (Japanese noodles)  
spring onions, finely sliced  
red chilli, sliced (optional)  
soft boiled egg, halved  
baby pak choy  
a handful fresh coriander leaves, roughly chopped

## METHOD:

In a large wok or non-stick pan, heat the veg oil and sesame oil, then add the ginger, garlic and miso paste and fry for a minute. Add the stock, soy sauce, sugar, mushrooms and bring to a simmer. Add the bones that you removed from your chops, then simmer the broth for about 15 minutes over low heat. In the meantime, season the boneless chops on both sides with salt & pepper and drizzle with some oil, then fry in a hot pan until just cooked but still pink in the centre (about 3 minutes a side). Remove and keep covered while resting for a few minutes, then slice thinly. Cook the noodles in boiling water according to the packet instructions (usually 2-4 minutes), then ladle into 2 bowls. Top with ladles of broth and mushrooms, slices of steak, some spring onions, wilted pak choy\*, soft boiled egg and some fresh coriander leaves.

**Tip:** You can quickly wilt your pak choy in the simmering broth for a few seconds before plating.