

# Japanese style cold ramen

## By: TomahawKitchen

### Ingredients:

30g chicken (breast or thigh)  
2 Imitation crab stick (can substitute with a few pieces of cooked shrimp)  
1 Egg  
2 persian Cucumber  
1 Tomato  
1 piece of Nori (Japanese dried seaweed)  
1/8 tsp kosher salt  
1 tsp sugar (seasoning for the egg)  
1 tsp neutral oil (for making omelet)  
300g Egg noodles (can substitute with same amount of spaghetti)  
5 g of grated ginger  
2 TBSP soy sauce  
2 TBSP rice vinegar  
4 TBSP water  
2 TBSP sugar  
1 tsp toasted sesame oil

**Optional/Substitute Toppings:** Canned tuna, avocado, shredded lettuce, fried firm tofu

**Optional garnish:** Toasted sesame seeds

### Method:

1. **Prepare the egg.** Season and whisk the egg, pan fry it into a very thin omelet. Set aside to cool down. Roll the omelet and cut into fine strips.
2. **Prepare the chicken.** Blanch the chicken meat and shred it into strips.
3. **Prepare the rest of the toppings.** Cut imitation crab stick, cucumber, tomato and nori into thin strips or bite size pieces
4. **Cook the noodles.** Boil water to cook the noodles according to package instructions. Rinse them under cold running water. It's important to cool down the noodle and rinse off the starch for a better texture. Drain the noodles and set aside.
5. **Make the dressing.** Mix grated ginger, soy sauce, rice vinegar, water, sugar and sesame oil. Add ice to make the dressing even colder for a hot summer day
6. **Plate the dish.** Place drained noodles onto the plate, place chicken, egg strips, cucumber, tomato and nori on top.
7. **Serve.** Add the desirable amount of dressing. You don't have to use all the dressing.

**Nutrition:**

The recipe makes 4 servings.

## Nutrition Facts

Servings: 4

Amount per serving

**Calories** **318**

**% Daily Value\***

**Total Fat** 5.2g **7%**

Saturated Fat 0.7g **4%**

**Cholesterol** 40mg **13%**

**Sodium** 142mg **6%**

**Total Carbohydrate** 64.1g **23%**

Dietary Fiber 1.7g **6%**

Total Sugars 51.3g

**Protein** 6.2g

Vitamin D 3mcg **16%**

Calcium 15mg **1%**

Iron 1mg **3%**

Potassium 153mg **3%**

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by **verywell**

## Thai Laab\* with Pork

### By: TomahawKitchen

\*Laab is a ground meat salad in Northern Thailand.

#### Ingredients:

1.5 TBSP jasmine rice  
2 TBSP water  
250 g ground pork  
500 g of lettuce  
3 TBSP finely sliced shallot  
¼ cup mint leaves, rough chopped if leaves are large  
2 TBSP chopped cilantro  
1 small bunch of scallion, chopped  
2 TBSP fish sauce  
2 Tbsp lime juice  
1-2 teaspoon chili flakes, or to taste

**Substitute for pork:** ground chicken

#### Method:

1. **Cut vegetables.** Slice shallot, chop min leaves, cilantro and scallion.
2. **Make toasted rice powder.** Place the raw rice in a dry skillet pan and cook over medium high heat, moving it constantly, until a deep brown color develops. Grind the rice in a mortar and pestle into a coarse powder.
3. **Cook the pork.** Add 2 tablespoon water to a medium pot over high heat, then add the pork and stir it constantly to break it up. Once it's cooked, remove from heat.
4. **Mix the salad:** Add shallots into the pork and stir to break up the rings and lightly cook the shallots. Add the fish sauce, lime juice, the toasted rice powder, chili flakes, cilantro, coriander and green onion into the pot and stir to mix. Taste and adjust seasoning
5. **Garnish** with some mint leaves and more chili flakes.
6. **Serve** with crunchy lettuce as a cup for the pork salad.

**Nutrition:**  
The recipe makes 6 servings.

## Nutrition Facts

Servings: 6

Amount per serving

**Calories** **217**

% Daily Value\*

**Total Fat** 1.9g **2%**

Saturated Fat 0.5g **3%**

**Cholesterol** 30mg **10%**

**Sodium** 297mg **13%**

**Total Carbohydrate** 35.8g **13%**

Dietary Fiber 3.1g **11%**

Total **Sugars** 2g

**Protein** 15.6g

Vitamin D 0mcg 0%

Calcium 61mg 5%

Iron 5mg 30%

Potassium 708mg 15%

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

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