

The New Japanese Cookbook

From Kyoto to Tokyo Discover Delicious Japanese Cooking with Easy Japanese Recipes

By

BookSumo Press

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With simple ingredients, and even simpler step-by-step instructions BookSumo cookbooks get everyone in the kitchen cheffing delicious meals.

BookSumo is an independent publisher of books operating in the beautiful Garden State (NJ) and our team of chefs and kitchen experts are here to teach, eat, and be merry!

Introduction

Welcome to The Effortless Chef Series! Thank you for taking the time to purchase this cookbook.

Come take a journey into the delights of easy cooking. The point of this cookbook and all BookSumo Press cookbooks is to exemplify the effortless nature of cooking simply.

In this book we focus on Japanese. You will find that even though the recipes are simple, the taste of the dishes are quite amazing.

So will you take an adventure in simple cooking? If the answer is yes please consult the table of contents to find the dishes you are most interested in.

Once you are ready, jump right in and start cooking.

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We will take your concerns into consideration when the 2nd edition of this book is published. And we will keep you updated!

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Common Abbreviations

cup(s)	C.
tablespoon	tbsp
teaspoon	tsp
ounce	oz.
pound	lb

*All units used are standard American measurements



Chapter 1: Easy Japanese Recipes

4-Ingredient Ramen

Ingredients

- 1 (3 oz.) packages ramen noodles, any flavor
- 2 C. water
- 2 tbsp butter
- 1/4 C. milk

Directions

- Place a pot over medium heat and fill most of it with water. Cook it until it starts boiling.
- Stir in it the noodles and let it cook for 4 min. discard the water and place the noodles in an empty pot.
- Stir in it the milk with butter and seasoning mix. Cook them for 3 to 5 min over low heat until they become creamy. Serve it warm.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	5 m
Total Time	10 m

Nutritional Information:

Calories	306.7
Fat	19.2g
Cholesterol	34.8mg
Sodium	989.2mg
Carbohydrates	28.4g
Protein	5.5g

* Percent Daily Values are based on a 2,000 calorie diet.



Nori Noodles Soup

Ingredients

- 1 (8 oz) package dried soba noodles
- 1 C. prepared dashi stock
- 1/4 C. soy sauce
- 2 tbsp mirin
- 1/4 tsp white sugar
- 2 tbsp sesame seeds
- 1/2 C. chopped green onions
- 1 sheet nori (dried seaweed), cut into thin strips (optional)

Directions

- Cook the noodles according to the directions on the package. Drain it and cool it down with some water.
- Place a small saucepan over medium heat. Stir in it the dashi, soy sauce, mirin, and white sugar. Cook it until it starts boiling.
- Turn off the heat and allow the mix to lose heat for 27 min. Divide the sesame seeds with noodles on serving bowls and pour the stock soup over it.
- Garnish your soup bowls with the nori and green onions.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 m
Cooking	15 m
Total Time	50 m

Nutritional Information:

Calories	257 kcal
Fat	3.1 g
Carbohydrates	48.2g
Protein	11.6 g
Cholesterol	1 mg
Sodium	1445 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Ramen Sesame Soup

Ingredients

- 1 lb top round steak, julienne
- 1 tbsp peanut oil
- 1/2 tbsp sesame oil
- 1 inch fresh ginger, finely grated
- 2 cloves garlic, minced
- 1/4-1/2 tsp crushed red pepper flakes
- 3 C. beef stock
- 2 bunches scallions, diced
- 2 tbsp rice wine vinegar
- 2 (3 oz.) packets ramen noodles, packet removed
- 1/2 C. baby carrots, grated

Directions

- Place a large skillet over medium heat. Heat in it 1/3 of each of the oils.
- Sauté in it the ginger, garlic and red chilies. Cook them for 1 min. Stir in 1/3 of the beef slices. Cook them for 4 min. Place the mix aside.
- Repeat the process with the remaining beef and oil until it is done.
- Place a large saucepan over medium heat. Stir in it the Stock, Vinegar,& Scallions. Cook them until they start boiling.
- Lower the heat and cook it until it starts boiling. Stir in the ramen and cook it for 4 to 4 min or until it is done.
- Spoon the noodles into serving bowl then top it with the sautéed beef. Serve it warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	20 m
Total Time	45 m

Nutritional Information:

Calories	467.9
Fat	21.3g
Cholesterol	78.2mg
Sodium	1630.6mg
Carbohydrates	35.4g
Protein	33.3g

* Percent Daily Values are based on a 2,000 calorie diet.

Japanese Hot Shiso Guacamole

Ingredients

- 2 large avocados - halved, peeled, and pitted
- 1 lime, juiced
- 1 onion, minced
- 2 jalapeno peppers, or to taste, seeded and minced
- 10 shiso leaves, chopped
- 1 tbsp minced fresh ginger root
- 1 tsp wasabi paste
- 1/2 tsp ground white pepper
- 2 drops hot pepper sauce
- 1 tomato, chopped
- salt and black pepper to taste

Directions

- Get a large mixing bowl: Mix in it the avocados, lime juice, onion, jalapeno pepper, shiso leaf, ginger, wasabi paste, white pepper, and hot sauce until it becomes slightly mashed.
- Stir in the tomato with a pinch of salt and pepper. Serve your guacamole.
- Enjoy.

Servings per Recipe: 12

Timing Information:

Preparation	
Cooking	20 m
Total Time	20 m

Nutritional Information:

Calories	90 kcal
Fat	7 g
Carbohydrates	7.5g
Protein	1.4 g
Cholesterol	0 mg
Sodium	15 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Ramen Lasagna

Ingredients

- 2 (3 oz.) packages ramen noodles
- 1 lb ground beef
- 3 eggs
- 2 C. shredded cheese
- 1 tbsp minced onion
- 1 C. spaghetti sauce

Directions

- Before you do anything preheat the oven to 325 F.
- Place a large skillet over medium heat. Cook in it the beef with 1 seasoning packet and onion for 10 min.
- Transfer the beef to a greased baking pan. Whisk the eggs and cook them in the same pan until they are done.
- Top the beef with 1/2 C. of shredded cheese followed by the cooked eggs and another 1/2 C. of cheese.
- Cook the ramen noodles according to the instructions on the package. Drain it and toss it with the spaghetti sauce.
- Spread the mix all over the cheese layer. Top it with the remaining cheese. Cook it in the oven for 12 min. serve your lasagna warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 m
Total Time	20 m

Nutritional Information:

Calories	698.6
Fat	41.9g
Cholesterol	253.4mg
Sodium	1670.9mg
Carbohydrates	36.5g
Protein	41.9g

* Percent Daily Values are based on a 2,000 calorie diet.

Japanese Dashi Omelet

Ingredients

- 4 eggs
- 1/4 C. prepared dashi stock
- 1 tbsp white sugar
- 1 tsp mirin
- 1/2 tsp soy sauce
- 1/2 tsp vegetable oil, or more as needed

Directions

- Get a large mixing bowl: Beat the eggs in it well. Add the dashi stock, sugar, mirin, and soy sauce. Mix them well.
- Place a large skillet over medium heat. Heat the oil in it. Pour enough of the eggs mix to make a thin layer to cover the bottom of the pan.
- Cook it until it becomes firm from the bottom. Roll the omelet and until you reach the side of the skillet and leave it there.
- Grease the skillet again with oil and pour in it another thin layer of the eggs mix. Cook it until it becomes firm and roll it to the side on the first egg roll.
- Repeat the process with the remaining egg mix until it is all used. Serve your omelet warm.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	15 m
Cooking	10 m
Total Time	25 m

Nutritional Information:

Calories	63 kcal
Fat	3.8 g
Carbohydrates	2.6g
Protein	4.4 g
Cholesterol	124 mg
Sodium	87 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Lemongrass Ramen with Duck and Ginger

Ingredients

- 5 C. water
- 4 C. chicken stock
- 2 red chilies, seeded and halved
- 8 slices ginger
- 3 tbsp lemon juice
- 3 stalks lemongrass
- 2 sprigs coriander
- 1 Chinese barbecued duck, deboned and chopped
- 4 shallots, chopped
- 150 g dried ramen noodles
- bean sprouts, to garnish
- red chile, to garnish
- coriander, to garnish
- 3 bunches bok choy
- salt
- white pepper

Directions

- Place a large saucepan over medium heat. Stir in it the water with stock and bring them to a simmer.
- Crush the lemongrass with coriander and add them to the pot with the galangal, chilis and lime juice. Let them cook for 22 min.
- Once the time is up, pour the mix in a colander and drain it. Stir the drained mix aside.
- Add the drain liquid to the saucepan. Stir in the shallot with the duck and cook for 5 min.
- Prepare the noodles according to the directions on the package without the seasoning packet. Stir the bok choy into the soup and let it cook for an extra 6 min.
- Serve your soup hot with your favorite toppings.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 m
Total Time	45 m

Nutritional Information:

Calories	282.7
Fat	9.4g
Cholesterol	7.2mg
Sodium	789.1mg
Carbohydrates	39.4g
Protein	10.5g

* Percent Daily Values are based on a 2,000 calorie diet.



Japanese Mirin Chicken Soup

Ingredients

- 6 C. prepared dashi stock
- 1/4 lb chicken, cut into chunks
- 2 carrots, diced
- 1/3 C. soy sauce
- 3 tbsp mirin
- 1/2 tsp white sugar
- 1/3 tsp salt
- 2 (12 oz) packages firm tofu, cubed
- 1/3 lb shiitake mushrooms, sliced
- 5 ribs and leaves of bok choy, chopped
- 1 (9 oz) package fresh udon noodles
- 4 eggs
- 2 leeks, diced

Directions

- Place a medium pot over medium heat. Stir in it the dashi stock, chicken, carrots, soy sauce, mirin, sugar, and salt. Simmer them for 8 min.
- Stir in the tofu, mushrooms, and bok choy. Cook them for 6 min.
- Add the noodles and cook the soup for 5 min. Stir in the leek with eggs. Simmer the soup for 6 min. Serve it hot.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	15 m
Cooking	25 m
Total Time	40 m

Nutritional Information:

Calories	548 kcal
Fat	17.2 g
Carbohydrates	53.4g
Protein	42.2 g
Cholesterol	206 mg
Sodium	2491 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Fermented Sichuan Noodles

Ingredients

Sauce

- 1/2 tbsp fermented black beans
- 2 tbsp chili bean paste
- 1/2 tbsp Shaoxing wine or 1/2 tbsp dry sherry
- 1 tsp soy sauce
- 1 tsp sesame oil
- 1 tsp sugar
- 1/2 tsp ground Sichuan pepper

Noodles

- 1 tbsp peanut oil or 1 tbsp vegetable oil
- 4 oz. ground pork or 4 oz. ground beef
- 2 scallions, white green parts separated chopped
- 1 garlic clove, minced
- 1 tsp fresh ginger, minced
- 3 C. chicken stock
- 1 lb tofu, cubes
- 2 (4 oz.) packages ramen noodles, packet removed

Directions

- Get a small mixing bowl: Crush in it the black beans with chili bean paste, rice wine, soy sauce, sesame oil, sugar, and Sichuan pepper until they become smooth.
- Place a large pan over medium heat. Heat the oil in it. Brown in it the pork for 3 min.
- Stir in the scallion whites, garlic, and ginger and cook them for 1 min over low heat.
- Stir in the black bean mix with the broth into the pan. Cook them until they start boiling. Lower the heat and stir in the tofu. Let them cook for 6 min.
- Prepare the noodles according to the directions on the package. Spoon it into serving bowls and top it with tofu mix.
- Serve your noodles bowls hot.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	10 m
Total Time	30 m

Nutritional Information:

Calories	1012.6
Fat	51.7g
Cholesterol	51.7mg
Sodium	3044.3mg
Carbohydrates	92.8g
Protein	46.4g

* Percent Daily Values are based on a 2,000 calorie diet.

Japanese Teriyaki Zoodles Stir Fry

Ingredients

- 2 tbsp vegetable oil
- 1 medium onion, thinly sliced
- 2 medium zucchinis, cut into thin strips
- 2 tbsp teriyaki sauce
- 1 tbsp soy sauce
- 1 tbsp toasted sesame seeds
- ground black pepper

Directions

- Place a large pan over medium heat. Heat the oil in it. Add the onion and cook it for 6 min.
- Stir in the zucchini and cook them for 2 min. Add the remaining ingredients and cook them for 6 min. Serve your stir fry right away.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 m
Cooking	10 m
Total Time	20 m

Nutritional Information:

Calories	110 kcal
Fat	8.2 g
Carbohydrates	8.1g
Protein	2.7 g
Cholesterol	0 mg
Sodium	581 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Lunch Box Noodles

Ingredients

- 1 (3 oz.) packages ramen noodles
- 1/2 C. frozen peas
- 1 tbsp butter
- 1 tbsp parmesan cheese

Directions

- Bring a large saucepan of water to a boil. Crush the noodles and stir it into the hot water with the peas.
- Cook them until they start boiling. Pour the mix in a colander and discard the water.
- Get a mixing bowl: Toss in it the hot noodles mix with the butter, parmesan, and 1/3 of the ramen's seasoning packet.
- Serve your noodles bowls warm.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	5 m
Total Time	10 m

Nutritional Information:

Calories	564.1
Fat	27.7g
Cholesterol	34.9mg
Sodium	1225.5mg
Carbohydrates	65.7g
Protein	13.7g

* Percent Daily Values are based on a 2,000 calorie diet.

Vanilla Crusted Shrimp

Ingredients

- 32 vanilla wafers, crushed
- 1 egg, beaten
- 3/4 C. water
- 1/3 C. apricot nectar
- 2 tsp cornstarch
- 1/4 C. packed brown sugar
- 3 tbsp red wine vinegar
- 1 tbsp ketchup
- 2 C. vegetable oil
- 3/4 lb medium shrimp - peeled and deveined

Directions

- Get a small bowl: Mix in it the vanilla wafers, egg, and water. Place the mix in the fridge for 1 h 30 min.
- Get a small saucepan: Mix in it the nectar with cornstarch. Add the brown sugar, vinegar and ketchup.
- Place the mix over medium heat and cook them while stirring all the time until it becomes thick to make the sauce. Place it aside.
- Heat the oil in a large pot or deep fryer until it reaches 375 F. Coat the shrimp with the egg mix then cook it in the hot oil until it becomes golden brown.
- Drain the shrimp and serve it with the ketchup sauce.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	5 m
Cooking	10 m
Total Time	2 h 15 m

Nutritional Information:

Calories	920 kcal
Fat	81.4 g
Carbohydrates	35.8g
Protein	14.1 g
Cholesterol	117 mg
Sodium	225 mg

* Percent Daily Values are based on a 2,000 calorie diet.



Hawaiian Ramen Skillet

Ingredients

- 6 oz. Spam
- 1 green bell pepper, stir fried, chopped
- 1/2 C. onion, diced
- 1 (3 oz.) packages ramen noodles
- 1 clove garlic, peeled and diced
- 1/4 tsp salt
- 1/4 tsp ground black pepper
- 1 tbsp olive oil
- 1/2 tsp butter

Directions

- Place a large saucepan over medium heat. Cook in it 2 C. of water until they start boiling.
- Place in it the noodles without the seasoning packet according to the directions on the package. Drain it and place it aside.
- Place a large skillet over medium heat. Heat in it the butter until it melts with olive oil. Cook in them the onion for 3 min.
- Stir in the Spam, bell pepper, and the garlic. Cook them for 4 min.
- Stir in 1/2 C. of the noodles cooking liquid with the drained noodles. Let it sit for 1 min then serve it warm.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	25 m
Total Time	35 m

Nutritional Information:

Calories	552.7
Fat	38.0g
Cholesterol	61.3mg
Sodium	1944.2mg
Carbohydrates	37.8g
Protein	16.0g

* Percent Daily Values are based on a 2,000 calorie diet.

Japanese Chicken Snow Soup

Ingredients

- 3 C. chicken stock
- 1 C. water
- 1 tbsp minced fresh ginger root
- 1 clove garlic, minced
- 2 tbsp soy sauce
- 2 skinless, boneless chicken breast halves - cubed
- 1/4 lb fresh snow peas, trimmed and halved
- 1 carrot, chopped
- 3 fresh mushrooms, sliced
- 2 green onions, chopped

Directions

- Place a medium soup pot over medium heat. Add the chicken stock, water, ginger, garlic, and soy sauce. Cook them until they start simmering.
- Add the chicken and cook the soup again until it starts simmering. Lower the heat and simmer the soup for 17 min.
- Add the carrot with snow peas. Cook the soup for 7 min. Stir in the mushroom and cook the soup for 5 min.
- Add the green onions. Serve your soup warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	15 m
Cooking	25 m
Total Time	40 m

Nutritional Information:

Calories	95 kcal
Fat	1.8 g
Carbohydrates	6.5g
Protein	13.5 g
Cholesterol	30 mg
Sodium	1005 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Sweet Ramen with Tofu

Ingredients

- 1 package chicken-flavored ramen noodles
- 2 C. water
- 2 tbsp vegetable oil
- 3 slices tofu, 1/4 inch thick
- 2 C. soy bean sprouts or 2 C. mung bean sprouts
- 1/2 small zucchini, thinly sliced
- 2 green onions, sliced
- 1/2 C. sweet green pea pods
- flour
- seasoning salt
- sesame oil

Directions

- Slice each tofu piece into 3 chunks. Dust them with some flour.
- Place a large skillet over medium heat. Heat 1 tbsp of oil in it. Cook in it the tofu for 1 to 2 min on each side. Drain it and place it aside.
- Heat a splash of oil in the same pan. Sauté in it the veggies for 6 min. Place them aside.
- Cook the noodles by following the directions on the package. Stir in it the seasoning packet.
- Place a large skillet over medium heat. Heat a splash of oil in it. Cook in it the bean sprouts for 1 min.
- Lay the fried bean sprouts in the bottom of serving bowl. Top it with the ramen, cooked veggies and tofu. Serve them hot.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	10 m
Total Time	20 m

Nutritional Information:

Calories	335.1
Fat	27.8g
Cholesterol	0.0mg
Sodium	33.9mg
Carbohydrates	18.9g
Protein	8.4g

* Percent Daily Values are based on a 2,000 calorie diet.

Japanese Hot Devil's Eggs

Ingredients

- 8 eggs
- 1/3 C. mayonnaise
- 3 tbsp minced green onions
- 2 tsp rice wine vinegar
- 1 1/2 tsp wasabi paste
- coarse salt
- 1/2 C. fresh pea shoots, or as needed
- 16 pickled ginger slices

Directions

- Place a large saucepan over medium heat. Place in it the eggs and cover them water. Cook them until they start boiling.
- Turn off the heat and put on the lid. Allow the eggs to sit for 17 min. Drain the eggs and wash them with some cold water until they cool down.
- Remove the shells of the eggs and slice each one in half. Transfer the egg yolk into a large mixing bowl. Mash them well with a fork or potato masher.
- Add the mayonnaise, green onions, rice wine vinegar, and wasabi paste, a pinch of salt and pepper. Mix them well until they become creamy.
- Place the egg white halves on a serving plate. Pour the egg yolk mix into a piping bag and fill the egg whites with it. Serve your deviled eggs with your favorite toppings.
- Enjoy.

Servings per Recipe: 16

Timing Information:

Preparation	20 m
Cooking	15 m
Total Time	50 m

Nutritional Information:

Calories	74 kcal
Fat	6.1 g
Carbohydrates	1.4g
Protein	<
Cholesterol	3.3 g
Sodium	95 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Ginger Beef Ramen

Ingredients

- 14 oz. dried ramen noodles
- 12 oz. beef sirloin, half frozen to make slicing easier
- 1 1/2 quarts chicken stock
- 1 inch piece gingerroot, roughly sliced
- 2 garlic cloves, halved
- 2 tbsp sake
- 3 tbsp shoyu, plus
- 1 tbsp shoyu, for stir-frying
- 1 bok choy, trimmed and thinly shredded
- 2 tbsp peanut oil
- 8 dried shiitake mushrooms, soaked in warm water for 30 minutes, drained and thinly sliced
- sea salt, to taste
- fresh ground black pepper, to taste

Directions

- Prepare the noodles according to the instructions on the package. Discard the water and place the noodles aside.
- Slice the beef into thin slices.
- Place a large saucepan over medium heat. Heat the stock in it. Stir in it the ginger with garlic and cook them for 12 min over low heat.
- Once the time is up, drain the ginger with garlic and discard them. Add the sake, shoyu and salt and pepper to the broth.
- Place a large pan over medium heat. Heat 1 tbsp of oil in it. Sauté in it the baby bok choy for 3 min. Drain it and place it aside.
- Heat the remaining oil in the same skillet. Sauté in it the beef with mushroom for 4 min. Stir into them the shoyu with a pinch of salt and pepper.
- Stir the noodles in some hot water to heat it then drain it. Place it in serving bowls then top it with the beef, shiitake, and bok choy.
- Pour the chicken broth all over them. Serve it right away.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	20 m
Total Time	40 m

Nutritional Information:

Calories	902.3
Fat	42.4g
Cholesterol	68.2mg
Sodium	2750.8mg
Carbohydrates	89.7g
Protein	39.5g

* Percent Daily Values are based on a 2,000 calorie diet.

Japanese Miso Soup

Ingredients

- 3 C. prepared dashi stock
- 1/4 C. sliced shiitake mushrooms
- 1 tbsp miso paste
- 1 tbsp soy sauce
- 1/8 C. cubed soft tofu
- 1 green onion, chopped

Directions

- Place a small saucepan over medium heat. Pour the stock into it and cook it until it starts boiling. Lower the heat.
- Stir in the mushroom and simmer the soup for 4 min.
- Get a small bowl: Add the miso paste and soy sauce. Mix them well. Pour the mix into the soup with tofu and stir them. Cook the soup for 6 min.
- Serve your soup hot with some green onions.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	10 m
Cooking	10 m
Total Time	20 m

Nutritional Information:

Calories	100 kcal
Fat	3.9 g
Carbohydrates	4.8g
Protein	11 g
Cholesterol	3 mg
Sodium	1326 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Ramen Roulade

Ingredients

- 1 1/2 lbs flank steaks
- 3 tbsp seasoning salt
- pepper
- 1 egg, beaten
- 1 tbsp water
- 1 tbsp flour
- 1 (3 oz.) packages Top Ramen noodles, packet discarded
- toothpick
- 2 tbsp steak sauce

Directions

- Before you do anything, preheat the oven to 350 F.
- Place 2 flank steaks on a broad. Flatten them with a kitchen hammer.
- Season the steak pieces with the McCormick All Seasoning, a pinch of salt and pepper on both sides.
- Get a small mixing bowl: MIX in it the eggs with water. Add the flour and mix them well.
- Lather the mix all over 1 side of the steak pieces. Break the ramen into pieces and lay it all over the steak pieces.
- Roll the steaks over the filling and seal them with toothpicks.
- Place the steaks roulades on a greased baking sheet. Cook them in the oven for 42 to 46 min.
- Drizzle the steak sauce over the roulades and cook them for an extra 12 min. allow them to rest for 12 min then serve them with your favorite toppings.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	10 m
Total Time	55 m

Nutritional Information:

Calories	268.8
Fat	12.6g
Cholesterol	81.7mg
Sodium	238.6mg
Carbohydrates	10.4g
Protein	26.5g

* Percent Daily Values are based on a 2,000 calorie diet.



Japanese Potato with Homemade Curry

Ingredients

- 2 C. cubed Japanese turnips
- 1 potato, peeled and cubed
- 1 tomato, diced
- 1 C. water
- 1/4 tsp ground turmeric
- Spice Paste:
- 1 tsp canola oil
- 2 dried red chiles
- 2 small Thai green chiles
- 1 (1/2 inch) piece cinnamon stick
- 4 pearl onions
- 2 tbsp unsweetened dried coconut
- 1 tbsp coriander seeds
- 5 cashews
- 2 green cardamom pods
- 2 whole cloves
- 1/2 tsp fennel seeds
- 1/4 tsp cumin seeds
- 2 tbsp chopped cilantro
- 2 tbsp chopped fresh mint
- 1 tsp water, or as needed
- 1 tsp canola oil
- 1/2 tsp fennel seeds
- 1 (1 inch) piece cinnamon stick
- 2 cloves garlic, minced
- 1 (1 inch) piece fresh ginger root, minced
- 4 fresh curry leaves
- 1/4 C. peas
- 1 pinch salt, or to taste

Directions

- Place a small saucepan over medium heat. Stir in it the turnips, potato, and diced tomato, 1 C. water and turmeric. Cook them until they start boiling.
- Lower the heat and cook the soup for 17 min.
- Place a large pan over medium heat. Heat 1 tsp of oil in it.
- Add the red chiles and green chiles, 1/2-inch cinnamon stick, pearl onions, coconut, coriander, cashews, cardamom pods, cloves, 1/2 tsp fennel seeds, and cumin seeds.
- Cook them for 4 min while stirring all the time. Turn off the heat and transfer the mix to a spice grinder.
- Stir in the cilantro, mint, and 1 tsp water. Grind them while adding more water if needed until the mix becomes smooth and like a paste.
- Place a clean pan over medium heat. Heat in it 1 tsp of canola oil. Cook in it 1/2 tsp fennel seeds and 1-inch cinnamon stick for 40 sec.
- Stir in the minced garlic, ginger, and curry leaves. Cook them for 3 min. Stir in the cooked veggies with the spices paste then cook them until they start boiling.
- Stir in more water if the stew is too thick to your liking. Add the green peas with a pinch of salt and pepper.
- Lower the heat and cook the stew for 12 min. Serve it warm.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	30 m
Cooking	30 m
Total Time	1 h

Nutritional Information:

Calories	297 kcal
Fat	11.6 g
Carbohydrates	45.1g
Protein	8 g
Cholesterol	0 mg
Sodium	236 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Louisiana x Japan Ramen

Ingredients

- 1 (3 oz.) packages shrimp flavor ramen noodle soup
- 6 large shrimp, skin and veins removed
- 1 tbsp butter
- 1/4 tsp garlic powder
- 1 tsp creole seasoning
- 1/4 tsp black pepper
- 1/2 tsp hot sauce

Directions

- Cut the noodles in half and prepare it according to the directions on the package without the seasoning packet.
- Place a large skillet over medium heat. Melt the butter in it. Sauté in it the shrimp with garlic powder, creole seasoning, and black pepper for 6 min.
- Pour the noodles with 1/4 C. of the cooking liquid in a serving bowl.
- Top it with the shrimp and hot sauce then serve it warm.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	10 m
Total Time	15 m

Nutritional Information:

Calories	150.2
Fat	12.2g
Cholesterol	94.3mg
Sodium	206.4mg
Carbohydrates	1.2g
Protein	8.8g

* Percent Daily Values are based on a 2,000 calorie diet.

Glazed Japanese Chicken Wings

Ingredients

- 3 lb chicken wings
- 1 egg, lightly beaten
- 1 C. all-purpose flour for coating
- 1 C. butter

Glaze

- 3 tbsp soy sauce
- 3 tbsp water
- 1 C. white sugar
- 1/2 C. white vinegar
- 1/2 tsp garlic powder, or to taste
- 1 tsp salt

Directions

- Before you do anything preheat the oven to 350 F.
- Slice the wings into half and coat them with the beaten egg. Dust the wings in the flour.
- Place a large frying pan over medium heat. Heat the oil in it. Add the chicken wings and cook them until they become deep golden brown.
- Drain the chicken wings and place them in a roasting dish.
- Get a mixing bowl: Mix in it the remaining ingredients. Pour the mix all over the wings and toss them to coat.
- Cook the chicken wings in the oven for 38 min. Serve them warm.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	15 m
Cooking	45 m
Total Time	1 h

Nutritional Information:

Calories	675 kcal
Fat	44.3 g
Carbohydrates	51.4g
Protein	18.9 g
Cholesterol	158 mg
Sodium	1112 mg

* Percent Daily Values are based on a 2,000 calorie diet.



Sunflower Ramen with Vinaigrette

Ingredients

Ramen

- 16 oz. shredded cabbage, or coleslaw mix
- 2/3 C. sunflower seeds
- 1/2 C. slivered almonds
- 3 bags oriental-flavor instant ramen noodles, crunched, uncooked, packet saved
- 1 bunch green onion, chopped

Vinaigrette

- 1/2 C. oil
- 3 tbsp red wine vinegar
- 3 tbsp sugar
- 2 tsp pepper
- 3 packages seasoning from oriental-flavor instant ramen noodles

Directions

- Get a large mixing bowl: Toss in it the salad ingredients.
- Get a small mixing bowl: Whisk in it the dressing ingredients.
- Drizzle the dressing over the salad and toss them to coat. Serve it right away.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	10 m
Total Time	10 m

Nutritional Information:

Calories	430.6
Fat	28.9g
Cholesterol	0.0mg
Sodium	777.8mg
Carbohydrates	37.0g
Protein	8.8g

* Percent Daily Values are based on a 2,000 calorie diet.

Wasabi Japanese Tortillas

Ingredients

- 1/4 C. soy sauce
- 2 tbsp white sugar
- 1 tsp grated fresh ginger
- 1 clove garlic, minced
- 1 lb skinless, boneless chicken breast, cut into strips
- 6 (10 inch) flour tortillas
- 1/4 C. extra-virgin olive oil, divided
- 6 oz shredded pepperjack cheese, divided
- 6 oz grated Parmesan cheese, divided
- 1 habanero pepper, seeded and finely chopped (optional)
- 1 tbsp wasabi paste, divided (optional)

Directions

- Get a large mixing bowl: Mix in it the soy sauce, sugar, ginger, and garlic. Add the chicken strips and stir them.
- Place a piece of plastic wrap on the bowl. Place it in the fridge for 1 h 20 min.
- Before you do anything preheat the oven to 425 F.
- Drain the chicken strips from the marinade. Lay them in a glass oven dish. Cook them in the oven for 22 min.
- Spread the olive oil on both sides of a tortilla. Place it on a lined up baking sheet and spread 1/3 of the pepperjack cheese on it followed by 1/3 of chicken strips.
- Place 1/3 of the parmesan cheese followed by 1/3 of the habanero and 1 tsp wasabi paste. Cover another tortilla with some olive oil on both sides and place it on top to make a quesadilla.
- Repeat the process to make another 2 quesadillas.
- Place a griddle over medium heat and grease it with some oil. Place in it a quesadilla and cook it for 4 min on each side.
- Repeat the process with the remaining 2 quesadillas then serve them warm.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	30 m
Cooking	26 m
Total Time	1 h 56 m

Nutritional Information:

Calories	643 kcal
Fat	33.5 g
Carbohydrates	44.9g
Protein	38.2 g
Cholesterol	94 mg
Sodium	1737 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Cream of Ramen and Mushroom Soup

Ingredients

- 1 (3 oz.) packages chicken-flavored ramen noodles
- 1 (10 3/4 oz.) cans cream of mushroom soup
- 1 (3 oz.) cans chicken

Directions

- Prepare the ramen according to the directions on the package.
- Place a large saucepan over medium heat. Stir in it the soup, chicken and seasoning. Cook them for 6 min.
- Drain the noodles and divide it between serving bowls. Spoon the soup mix over it then serve it warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	5 m
Total Time	12 m

Nutritional Information:

Calories	203.3
Fat	11.0g
Cholesterol	15.9mg
Sodium	990.0mg
Carbohydrates	18.6g
Protein	7.4g

* Percent Daily Values are based on a 2,000 calorie diet.



Japanese Jasmine Nori Bites

Ingredients

- 2 C. water
- 1 C. jasmine rice
- salt
- 1 sheet nori (dry seaweed), cut into 1-inch strips, or as desired (optional)

Directions

- Prepare the rice according to the directions on the package. Drain it, fluff it and place it aside to lose heat for 12 min.
- Get a small bowl: fill it with water and place it aside. Fill another small bowl with 2 tbsp of salt.
- Wet your hands with the water and rub some salt all over it. Take some rice into your hands and shape them into a triangle. Wrap a strip of nori around the triangle.
- Serve them with your favorite dip.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	20 m
Cooking	25 m
Total Time	55 m

Nutritional Information:

Calories	114 kcal
Fat	0 g
Carbohydrates	25.6g
Protein	2.2 g
Cholesterol	0 mg
Sodium	28 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Saucy Serrano Ramen Salad

Ingredients

- 1 yellow onion, chopped
- 2 roma tomatoes, chopped
- 1 serrano chili, chopped
- 1 red pepper, roasted and peeled, medium chopped
- 1 C. mixed vegetables diced
- 2 (3 oz.) packets oriental-flavor instant ramen noodles
- 1 vegetable bouillon cube
- 1 tsp cumin powder
- 1 tsp red chili powder
- 4 tbsp spaghetti sauce
- 2 tsp canola oil or 2 tsp any other vegetable oil

Directions

- Place a large pan over medium heat. Heat the oil in it. Sauté in it the onion with tomato and serrano chili for 3 min.
- Stir in a seasoning packet and the Maggi bouillon cube. Stir in the veggies, the cumin and 1/2 a C. of water. Cook them for 6 min.
- Stir in the spaghetti sauce and cook them for an extra 6 min.
- Prepare the noodles according to the directions on the package. Toss the noodles with the veggies mix. Serve it hot.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	10 m
Total Time	25 m

Nutritional Information:

Calories	533.3
Fat	19.5g
Cholesterol	0.3mg
Sodium	1990.6mg
Carbohydrates	77.4g
Protein	13.6g

* Percent Daily Values are based on a 2,000 calorie diet.

Japanese Sesame Wings

Ingredients

- 14 oz chicken wings
- 1 tbsp sake
- 1 tbsp chopped garlic
- 1 1/2 tsp sesame oil
- 1 tsp chopped fresh ginger root
- 1/2 tsp salt
- 1/2 tsp dashi (Japanese seasoning)
- 2 C. vegetable oil for frying
- 3 tbsp cornstarch
- salt and ground black pepper to taste

Directions

- Get a large mixing bowl: Toss in it the chicken wings, sake, garlic, sesame oil, ginger, dashi, and 1/2 tsp salt. Cover the bowl and place it in the fridge for 1 h 30 min.
- Place a saucepan over medium heat. Heat the oil in it until it reaches 350 F.
- Drain the chicken wings from the marinade and dust them with the cornstarch. Deep fry the chicken wings until they become golden brown for 17 min.
- Drain them then season them with some salt and pepper. Serve your chicken wings with your favorite dip.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	15 m
Cooking	10 m
Total Time	1 h 25 m

Nutritional Information:

Calories	224 kcal
Fat	18.3 g
Carbohydrates	7g
Protein	6.6 g
Cholesterol	20 mg
Sodium	349 mg

* Percent Daily Values are based on a 2,000 calorie diet.



American Ground Beef Ramen

Ingredients

- 1 lb ground beef, drained
- 3 (3 oz.) packets beef-flavor ramen noodles
- 5 C. boiling water
- 1/4-1/2 C. water
- 1 (16 oz.) cans corn
- 1 (16 oz.) cans peas
- 1/4 C. soy sauce
- 1/2 tsp ground red pepper
- 1 dash cinnamon
- 2 tsp sugar

Directions

- Place a large pan over medium heat. Heat a splash of oil in it. Add the beef and cook it for 8 min. Place it aside.
- Place a large saucepan over medium heat. Heat 5 C. of water in it until it starts boiling. Cook in it the noodles for 3 to 4 min.
- Remove the noodles from the water and stir it into the skillet with the beef.
- Add the water, corn, peas, soy sauce, red pepper, cinnamon, sugar and 1 and a half of the seasoning packets. Toss them to coat.
- Let them cook for 6 min while stirring often. Serve your ramen Skillet Hot.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	7 m
Total Time	12 m

Nutritional Information:

Calories	770.2
Fat	29.6g
Cholesterol	77.1mg
Sodium	1849.2mg
Carbohydrates	91.2g
Protein	38.7g

* Percent Daily Values are based on a 2,000 calorie diet.

Savory and Sweet Omelet

Ingredients

- 1 tbsp water
- 1 tsp soy sauce, or to taste
- 1/2 tsp white sugar
- 1 egg

Directions

- Get a mixing bowl: Whisk in it the water, soy sauce, and sugar well. Stir in the egg and mix them again.
- Place a large skillet over medium heat. Grease it with a cooking spray. Pour into it the egg mix and spread it in the pan.
- Cook it for 4 min until it becomes golden brown from the sides. Serve it warm.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	10 m
Cooking	5 m
Total Time	15 m

Nutritional Information:

Calories	82 kcal
Fat	5 g
Carbohydrates	2.9g
Protein	6.6 g
Cholesterol	186 mg
Sodium	369 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Kimchee Noodles

Ingredients

- 1 1/2 C. kimchee
- 1 (3 oz.) packages oriental-flavor instant ramen noodles
- 1 (12 oz.) packages Spam, cubed
- 2 tbsp vegetable oil

Directions

- Cook the noodles according to the instructions on the package.
- Place the pan over medium heat. Heat the oil in it. Sauté in it the spam pieces for 3 min.
- Stir in the noodles after draining it and cook them for an extra 3 min.
- Stir in the kimchee and cook them for 2 min. serve your noodles warm.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	5 m
Total Time	25 m

Nutritional Information:

Calories	830.8
Fat	66.1g
Cholesterol	117.6mg
Sodium	3186.4mg
Carbohydrates	32.7g
Protein	26.8g

* Percent Daily Values are based on a 2,000 calorie diet.

Tipsy Japanese Crumbled Beef

Ingredients

- 3/4 lb ground beef
- 2 tbsp freshly grated ginger
- 3 tbsp soy sauce
- 3 tbsp sake
- 2 tbsp mirin
- 1 tbsp white sugar, or more to taste

Directions

- Place a large skillet over medium heat and heat it. Add the beef and cook it for 8 min.
- Stir in the remaining ingredients. Cook them until they start boiling. Keep boiling them for 2 min. Serve your crumbled beef warm with some rice.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 m
Cooking	6 m
Total Time	16 m

Nutritional Information:

Calories	232 kcal
Fat	13.2 g
Carbohydrates	7.4g
Protein	14.9 g
Cholesterol	52 mg
Sodium	726 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Faux Pepperoni Ramen Pizza

Ingredients

- 1 (3 oz.) packages ramen noodles, any flavor
- 1 tbsp olive oil
- 1 (14 oz.) jars spaghetti sauce
- 1 C. low-fat mozzarella cheese, shredded
- 3 oz. turkey pepperoni
- 1/2 tsp dried oregano

Directions

- Before you do anything, preheat the oven broiler.
- Prepare the noodles according to the instructions on the package without the seasoning packet. Drain it.
- Place a large oven proof pan over medium heat. Heat the oil in it. Sauté in it the noodles and press it to the bottom of it for 2 min to make the crust.
- Pour the sauce all over the noodles and top it with 2 oz. pepperoni slices. Sprinkle the cheese on top followed by the remaining pepperoni and oregano.
- Transfer the pan to the oven and cook them for 2 to 3 min or until the cheese melts.
- Allow your pizza to lose the heat for 6 min. serve it.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	10 m
Total Time	20 m

Nutritional Information:

Calories	170.6
Fat	7.9g
Cholesterol	17.4mg
Sodium	764.5mg
Carbohydrates	17.7g
Protein	7.0g

* Percent Daily Values are based on a 2,000 calorie diet.



Japanese Ricy Ketchup Omelet

Ingredients

- 1 C. cooked white or brown rice
- 2 thin slices cooked ham, cubed
- 2 tbsp ketchup
- 1 slice processed cheese food (such as Velveeta (R)) (optional)
- 2 eggs
- salt and pepper to taste
- 1 tbsp ketchup
- 1/4 tsp chopped fresh parsley

Directions

- Place a large skillet over medium heat and heat it. Grease it with a cooking spray.
- Add the rice, 2 tbsp ketchup, ham, and cheese. Cook them for 9 min. Transfer the mix to a serving dish and place it aside.
- Get a mixing bowl: Mix in it the eggs and salt and pepper.
- Place a small skillet over medium heat and heat it. Grease it with a cooking spray. Pour in it the beaten egg and cook the omelet until it becomes golden brown from the bottom.
- Serve your omelet over the rice warm.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	5 m
Cooking	15 m
Total Time	20 m

Nutritional Information:

Calories	521 kcal
Fat	20.2 g
Carbohydrates	59.3g
Protein	26.7 g
Cholesterol	403 mg
Sodium	1300 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Roasted Miso Noodles

Ingredients

- 4 large eggs, hard boiled
- 1 tbsp unsalted butter
- 1 C. sweet corn
- 1 tbsp olive oil
- 8 oz. fresh spinach
- 1 quart chicken stock
- 1 tsp red miso
- 6 oz. ramen noodles
- 6 oz. cooked chicken
- 4 green onions, thinly sliced
- 1 tsp toasted sesame oil, for drizzling

Directions

- Place a small saucepan over medium heat. Melt in it the butter. Add the corn with a pinch of salt and pepper then heat them though. Place it aside.
- Place a large pan over medium heat. Heat the oil in it. Add to it the spinach and cook them for 2 min. Place it aside.
- Place a large saucepan over medium heat. Heat in it the chicken stock until it starts boiling. Add to it the miso paste and mix them well.
- Stir in the noodles and cook it for 3 min. Spoon the noodles into serving bowls.
- Top it with the corn, spinach and chicken. Garnish it with the green onions, sesame oil and eggs. Serve them hot.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	30 m
Total Time	45 m

Nutritional Information:

Calories	1069.2
Fat	50.5g
Cholesterol	465.4mg
Sodium	2844.7mg
Carbohydrates	93.7g
Protein	61.8g

* Percent Daily Values are based on a 2,000 calorie diet.

Japanese Tofu and Beef Burgers

Ingredients

- 1 (14 oz) package firm tofu
- 1 lb ground beef
- 1/2 C. sliced shiitake mushrooms
- 2 tbsp miso paste
- 1 egg, lightly beaten
- 1 tsp salt
- 1 tsp ground black pepper
- 1/4 tsp ground nutmeg
- 1/4 C. mirin (Japanese sweet wine)
- 2 tbsp soy sauce
- 1 tsp garlic paste
- 1/4 tsp minced fresh ginger root
- 1 tbsp vegetable oil

Directions

- Press the tofu and drain it. Cut it into 1/2 inch dices.
- Get a large mixing bowl: Mix in it the tofu, ground beef, shiitake mushrooms, miso paste, egg, salt, pepper, and nutmeg. Shape the mix into 6 patties.
- Get a small bowl: Mix in it the mirin, soy sauce, garlic paste, and ginger.
- Place a large pan over medium heat. Heat the oil in it. Cook in it the patties for 3 min on each side.
- Lower the heat and put on the lid. Cook the patties for 5 min. Drain them and place them aside.
- Discard the grease from the pan. Add the mirin mix with the burger patties. Cook them on both sides until they become coated with the sauce.
- Serve your burgers with your favorite toppings.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	25 m
Cooking	20 m
Total Time	45 m

Nutritional Information:

Calories	307 kcal
Fat	18.1 g
Carbohydrates	8.9g
Protein	25.5 g
Cholesterol	77 mg
Sodium	999 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Mock Ramen Pot Pie

Ingredients

- 2 (3 oz.) packages ramen noodles
- 1 lb ground beef
- 1 (15 oz.) cans sweet corn
- 1/2 C. onion, chopped
- vegetable oil

Directions

- Before you do anything preheat the oven to 350 F.
- Prepare the noodles according to the directions on the package.
- Place a large pan over medium heat. Heat a splash of oil in it. Cook in it the beef with onion for 12 min.
- Spread the mix in the bottom of a greased baking pan. Top it with the sweet corn and the ramen noodles after draining it.
- Place the casserole in the oven and cook it for 14 to 16 min. Serve it warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	15 m
Total Time	30 m

Nutritional Information:

Calories	528.6
Fat	24.9g
Cholesterol	77.1mg
Sodium	957.3mg
Carbohydrates	49.0g
Protein	29.1g

* Percent Daily Values are based on a 2,000 calorie diet.

Japanese Grilled Portobello Caps

Ingredients

- 4 Portobello mushroom caps
- 3 tbsp soy sauce
- 2 tbsp sesame oil
- 1 tbsp minced fresh ginger root
- 1 small clove garlic, minced

Directions

- Before you do anything preheat the oven broiler. Place the rack 6 inches away from the heat.
- Clean the mushroom caps and place them on a baking pan with their top down.
- Get a small bowl: Mix in it the soy sauce, sesame oil, ginger, and garlic. Spread the mix over the mushroom caps.
- Place it in the oven and cook it for 12 min. Serve it warm.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	5 m
Cooking	10 m
Total Time	15 m

Nutritional Information:

Calories	196 kcal
Fat	14.1 g
Carbohydrates	14.2g
Protein	7.3 g
Cholesterol	0 mg
Sodium	1367 mg

* Percent Daily Values are based on a 2,000 calorie diet.



Salad from Vietnam

Ingredients

- 1/2 head green cabbage, finely chopped
- 4 green onions, finely chopped
- 1/2 bunch fresh curly-leaf parsley
- 2 tbsp sugar
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 C. olive oil
- 3 tbsp white balsamic vinegar
- 1 (3 oz.) packages chicken-flavored ramen noodles, uncooked
- 2 oz. slivered almonds

Directions

- Get a large mixing bowl: Toss in it the cabbage, green onions, parsley and coarsely crumbled uncooked ramen noodles.
- Get a small mixing bowl: Mix in it the sugar, salt, black pepper, olive oil, vinegar, seasoning packet, a pinch of salt and pepper to make the vinaigrette.
- Add it to the salad and toss them to coat. Place the salad in the fridge for 3 h to an overnight.
- Sprinkle the almonds on top then serve it.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	10 m
Total Time	10 m

Nutritional Information:

Calories	238.2
Fat	18.7g
Cholesterol	0.0mg
Sodium	526.6mg
Carbohydrates	15.8g
Protein	3.7g

* Percent Daily Values are based on a 2,000 calorie diet.

Japanese Sweet and Chili Cucumber Salad

Ingredients

- 2 tbsp white sugar
- 2 tbsp rice vinegar
- 1 tsp Asian (toasted) sesame oil
- 1 tsp chili paste
- salt to taste
- 2 large cucumbers - peeled, seeded, and cut into 1/4-inch slices

Directions

- Get a large mixing bowl: Whisk in it the sugar, rice vinegar, sesame oil, chile paste, and salt.
- Add the cucumber and toss them to coat. Place the salad aside to sit for 35 min. Serve it.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	
Cooking	15 m
Total Time	45 m

Nutritional Information:

Calories	55 kcal
Fat	1.6 g
Carbohydrates	10.5g
Protein	0.8 g
Cholesterol	0 mg
Sodium	111 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Creamy Nuts and Noodles Salad

Ingredients

- 1 packages chicken-flavored ramen noodles
- 1 C. diced celery
- 1 (8 oz.) cans sliced water chestnuts, drained
- 1 C. chopped red onion
- 1 C. diced green pepper
- 1 C. peas
- 1 C. mayonnaise

Directions

- Crush the noodles into 4 pieces. Prepare them according to the instructions on the package.
- Get a large mixing bowl: Drain the noodles and toss it with the celery, water chestnuts, onion, pepper and peas in it.
- Get a small mixing bowl: Whisk in it the mayo with 3 seasoning packets. Add them to the salad and toss them to coat.
- Place the salad in the fridge for 1 to 2 h then serve it.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	15 m
Total Time	20 m

Nutritional Information:

Calories	318.5
Fat	19.8g
Cholesterol	15.2mg
Sodium	446.3mg
Carbohydrates	33.4g
Protein	4.1g

* Percent Daily Values are based on a 2,000 calorie diet.

Crusted Japanese Chicken Breasts

Ingredients

- 4 skinless, boneless chicken breast halves – pound it to 1/2 inch thickness
- salt and pepper to taste
- 2 tbsp all-purpose flour
- 1 egg, beaten
- 1 C. panko bread crumbs
- 1 C. oil for frying, or as needed

Directions

- Sprinkle some salt and pepper over the chicken breasts.
- Place the egg, flour and breadcrumbs in separate shallow bowls. Dip the chicken breasts in the egg, dust them with flour and coat them with the breadcrumbs.
- Place a large frying pan over medium heat. Heat the oil in it until it starts shimmering. Deep fry in it the chicken for 5 min on each side. Serve them warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 m
Cooking	10 m
Total Time	20 m

Nutritional Information:

Calories	297 kcal
Fat	11.4 g
Carbohydrates	22.2g
Protein	31.2 g
Cholesterol	118 mg
Sodium	251 mg

* Percent Daily Values are based on a 2,000 calorie diet.



Tropical Curry Ramen

Ingredients

- 2 (3 oz.) packages ramen noodles
- 1 tbsp vegetable oil
- 1 tsp crushed red pepper flakes
- 2 garlic cloves, minced
- 1 C. shredded cabbage
- 1 C. thinly sliced mixed mushrooms
- 1 C. chopped broccoli
- 1 tbsp peanut butter
- 1 tbsp soy sauce
- 1 tbsp brown sugar
- 1 C. coconut milk
- 1 tsp curry powder
- 1 tsp sambal oelek
- 1 lime, juice of
- 1/2 tsp salt
- 1 tbsp crushed peanuts
- 1/4 C. chopped cilantro
- lime wedge

Directions

- Prepare the noodles according to the directions on the package without the seasoning packets. Drain the noodles and reserve the cooking liquid.
- Place a large pan over medium heat. Heat the oil in it. Sauté in it the garlic with red pepper for 40 sec.
- Stir in the cabbage, mushrooms and broccoli. Add the veggies and cook them for 6 min. Stir the noodles into the pan and place them aside.
- Place another pan over medium heat. Stir in it the peanut butter, soy sauce, brown sugar, coconut milk, curry powder, sambal oelek and salt. Cook them until they start boiling.
- Add the cooked noodles and veggies and stir them to coat. Stir in 1/4 C. of the cooking liquid. Cook them until they mix becomes thick.
- Let the ramen skillet rest for 6 min. Top the ramen skillet with the cilantro and peanuts then serve them hot.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	20 m
Total Time	30 m

Nutritional Information:

Calories	553.2
Fat	25.4g
Cholesterol	0.0mg
Sodium	1466.3mg
Carbohydrates	76.3g
Protein	8.5g

* Percent Daily Values are based on a 2,000 calorie diet.

Japanese Sesame Fried Chicken Bites

Ingredients

- 2 eggs, lightly beaten
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp white sugar
- 1 tbsp minced garlic
- 1 tbsp grated fresh ginger root
- 1 tbsp sesame oil
- 1 tbsp soy sauce
- 1/8 tsp chicken bouillon granules
- 1 1/2 lb skinless, boneless chicken breast halves - cut into 1 inch cubes
- 3 tbsp potato starch
- 1 tbsp rice flour
- oil for frying

Directions

- Get a large mixing bowl: Beat in it the eggs, salt, pepper, sugar, garlic, ginger, sesame oil, soy sauce, and bouillon.
- Dip in it the chicken dices. Cover bowl with a plastic wrap and place it in the fridge for 35 min.
- Get a large shallow bowl: Mix in it the potato starch and rice flour. Toss in it the chicken cubes.
- Place a large frying pan over medium heat. Heat the oil in it until it reaches 365 F. Cook in it the chicken cubes until they become golden brown.
- Drain your chicken cubes then serve them warm with your favorite dip.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	20 m
Cooking	20 m
Total Time	1 h 10 m

Nutritional Information:

Calories	256 kcal
Fat	16.7 g
Carbohydrates	4.8g
Protein	20.9 g
Cholesterol	98 mg
Sodium	327 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Fried Ramen Rings

Ingredients

Batter for Frying, reserve 2 C.

- 1 C. self-rising flour
- 1 tsp salt
- 1/4 tsp pepper
- 2 eggs, beaten
- 1 C. beer, or milk

Onions

- 2 (3 oz.) packages ramen noodles, packet reserved
- oil, for frying
- 1 large Vidalia onion, ringed

Directions

- Get a large mixing bowl: Whisk in it the flour, eggs, beer, a pinch of salt and pepper.
- Get a food processor: Cut the one ramen in half and process it in it until it becomes ground. Add it to the flour batter and mix them well.
- Finely crush the other ramen and place it in a shallow dish. Add to it the seasoning packet and mix them well.
- Place a large pan over medium heat. Fill 3/4 inch of it with oil and heat it.
- Coat the onion rings with the flour batter and dip them in the crushed noodles mix. Place them in the hot oil and cook them until they become golden brown.
- Serve your onion rings with your favorite dip.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	20 m
Total Time	35 m

Nutritional Information:

Calories	1490.7
Fat	37.4g
Cholesterol	372.0mg
Sodium	7533.7mg
Carbohydrates	224.1g
Protein	45.5g

* Percent Daily Values are based on a 2,000 calorie diet.



Japanese Condensed Beef Steak Stir Fry

Ingredients

- 2 lb boneless beef sirloin or beef top round steaks (3/4" thick)
- 3 tbsp cornstarch
- 1 (10.5 oz) can Condensed Beef Broth
- 1/2 C. soy sauce
- 2 tbsp sugar
- 2 tbsp vegetable oil
- 4 C. sliced shiitake mushrooms
- 1 head Chinese cabbage (bok choy), thinly sliced
- 2 medium red peppers, cut into 2"-long strips
- 3 stalks celery, sliced
- 2 medium green onions, cut into 2" pieces
- Hot cooked regular long-grain white rice

Directions

- Cut the beef steak into thin strips.
- Get a mixing bowl: Whisk in it the cornstarch, broth, soy and sugar.
- Place a wok or pan over medium heat. Heat in it 1 tbsp of oil. Add half of the beef and cook it for 6 min. Drain it and place it aside. Repeat the process with the rest of the beef.
- Heat the remaining oil in the same pan. Cook in it the mushrooms, cabbage, peppers, celery and green onions for 6 to 8 min. Drain the veggies and place them aside.
- Add the broth mix to the same pan and cook them until they start boiling while stirring all the time. Keep boiling it until the mix becomes thick to make the sauce.
- Toss in back the cooked veggies and beef. Serve your stir fry warm with some white rice.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	30 m
Cooking	15 m
Total Time	45 m

Nutritional Information:

Calories	290 kcal
Fat	7.6 g
Carbohydrates	26.4g
Protein	26.4 g
Cholesterol	39 mg
Sodium	1271 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Thai Ramen Beef Satay

Ingredients

Marinade

- 2 tbsp soy sauce
- 2 tbsp lime juice
- 1 1/2 tsp sugar
- 1 1/2 tsp fresh ginger, grated, peeled
- 1 garlic clove, grated (optional)
- 1/4 tsp red pepper flakes (optional)
- 2 lbs flank steaks, thinly sliced against the grain

Peanut Ramen Glaze

- 1 tbsp lime juice
- 1 tsp sugar
- 1 tsp fresh ginger, grated and peeled
- 1/3 C. creamy peanut butter
- 1/3 C. water
- 1 tbsp soy sauce
- 1/4 tsp red pepper flakes (optional)
- 1/4 C. roasted peanuts, chopped
- 3 green onions, sliced
- vegetable oil, for grill
- 2 (3 oz.) packages ramen noodles, cooked, packet removed

Directions

- Place 12 wooden skewers in some water and let them sit for 16 min.
- Get a roasting pan: Mix in it 2 tbsp each soy sauce and lime juice and 1 1/2 tsp each sugar and ginger, garlic and/or 1/4 tsp optional red pepper flakes to make the marinade.
- Add the beef slices to the marinade and toss them to coat. Place them aside to sit for 12 min.
- Get a food processor: Combine in it 1 tbsp lime juice, 1 tsp sugar, and 1 tsp ginger with peanut butter and 1/3 C. water. Process them until they become smooth.
- Add the rest of the soy sauce and process them again. Pour the mix in small mixing bowl.
- Stir in it the chopped peanuts and green onions and optional remaining 1/4 tsp of red pepper flakes to make the sauce.
- Before you do anything else preheat the grill and grease it.
- Drain the beef slices and thread them into the wooden skewers. Cook the beef slices on the grill for 4 to 5 min on each side.
- Spoon the noodles into serving bowls. Drizzle the peanut sauce over it and top it with the grilled beef. Serve them hot.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	30 m
Total Time	38 m

Nutritional Information:

Calories	794.6
Fat	43.3g
Cholesterol	154.2mg
Sodium	1959.2mg
Carbohydrates	39.6g
Protein	63.0g

* Percent Daily Values are based on a 2,000 calorie diet.

Japanese Barbecue Bacon Pancakes

Ingredients

- 12 oz sliced bacon
- 1 1/3 C. water
- 4 eggs
- 3 C. all-purpose flour
- 1 tsp salt
- 1 medium head cabbage, cored and sliced
- 2 tbsp minced pickled ginger
- 1/4 C. tonkatsu sauce or barbeque sauce

Directions

- Place a large pan over medium heat. Cook in it the bacon slices until they become crisp. Drain it and place it aside.
- Get a large mixing bowl: Whisk in it the eggs with water. Add the salt with flour. Mix them well. Stir in the ginger with cabbage.
- Place a large skillet over medium heat then grease it with a cooking spray. Ladle about 1/4 of the batter into the hot skillet. Place 4 crisp bacon slices in the middle of the pancake.
- Cook the pancake for 6 min. Flip it and cook it on the other side until it is done. Repeat the process with the rest of the batter.
- Serve your pancakes with the tonkatsu sauce.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	15 m
Cooking	30 m
Total Time	45 m

Nutritional Information:

Calories	659 kcal
Fat	19.4 g
Carbohydrates	90.7g
Protein	29.3 g
Cholesterol	217 mg
Sodium	1531 mg

* Percent Daily Values are based on a 2,000 calorie diet.



Golden Cheddar Ramen Soup

Ingredients

Ramen

- 1 (3 oz.) packages ramen noodles
- 2 C. water

Base

- 1 seasoning, packet
- 1-2 C. water
- 1 tbsp freshly shredded parmesan cheese
- 1/4 C. shredded aged white cheddar cheese
- 1/4 C. golden raisins
- Tabasco sauce

Directions

- Stir 2 C. of water and 1 ramen packet in a heatproof bowl. Place it in the microwave for 5 to 7 min.
- Once the time is up, stir the parmesan and cheddar cheese into the noodles until they melt. Fold the raisins into it and serve it hot.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	2 m
Total Time	8 m

Nutritional Information:

Calories	617.0
Fat	24.4g
Cholesterol	30.6mg
Sodium	1236.9mg
Carbohydrates	85.0g
Protein	17.2g

* Percent Daily Values are based on a 2,000 calorie diet.

Japanese Sweet Chicken Stir Fry

Ingredients

- 1 (3 lb) whole chicken, cut into pieces
- 1 tbsp grated fresh ginger root
- 1 clove garlic, crushed
- 3 tbsp white sugar
- 2/3 C. soy sauce
- 1 tbsp sake
- 1/4 C. mirin
- 2 tbsp cooking oil

Directions

- Clean the chicken and dry it.
- Get a glass oven pan: Mix in it the ginger, garlic, sugar, soy sauce, sake and mirin. Add to it the chicken pieces and stir them to coat.
- Cover the dish with a plastic wrap and place it in the fridge for 2 h to 8 h.
- Place a large skillet over medium heat. Heat the oil in it. Drain the chicken pieces from the marinade and fry them until they become golden brown.
- Drain the chicken pieces and place them aside. Remove the grease from the pan Pour the marinade from the chicken into the skillet with the browned chicken pieces.
- Lower the heat and put on the lid. Cook the marinade for 9 min to make the sauce. Remove the lid and keep cooking them until the chicken is done and the sauce is thick.
- Serve your saucy chicken warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	20 m
Cooking	20 m
Total Time	1 d 40 m

Nutritional Information:

Calories	587 kcal
Fat	32.5 g
Carbohydrates	18g
Protein	48.7 g
Cholesterol	146 mg
Sodium	2545 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Alternative Egg Drop Soup

Ingredients

- 3 C. water
- 1 (3 oz.) packages ramen noodles
- 1 vegetarian bouillon cube
- garlic powder
- onion powder
- five-spice powder
- pepper
- 4 oz. peanuts
- 4 oz. frozen broccoli
- 4 oz. frozen cauliflower
- 4 oz. frozen corn
- 4 oz. frozen peas
- 2 large eggs
- 1 tsp toasted sesame oil
- soy sauce or hoisin sauce

Directions

- Place a pot over medium heat. Cook in 3 C. of water until the start boiling.
- Stir in the bouillon and spices; noodles, broccoli and cauliflower. Cook them until they start boiling.
- Stir in the peas with corn and peanut then cook them again until they start boiling. Stir in the eggs into the soup and cook it until it starts boiling again.
- Stir in the seasoning packet with hoisin sauce, and sesame oil. Serve your soup hot.
- Enjoy.

Servings per Recipe: 4

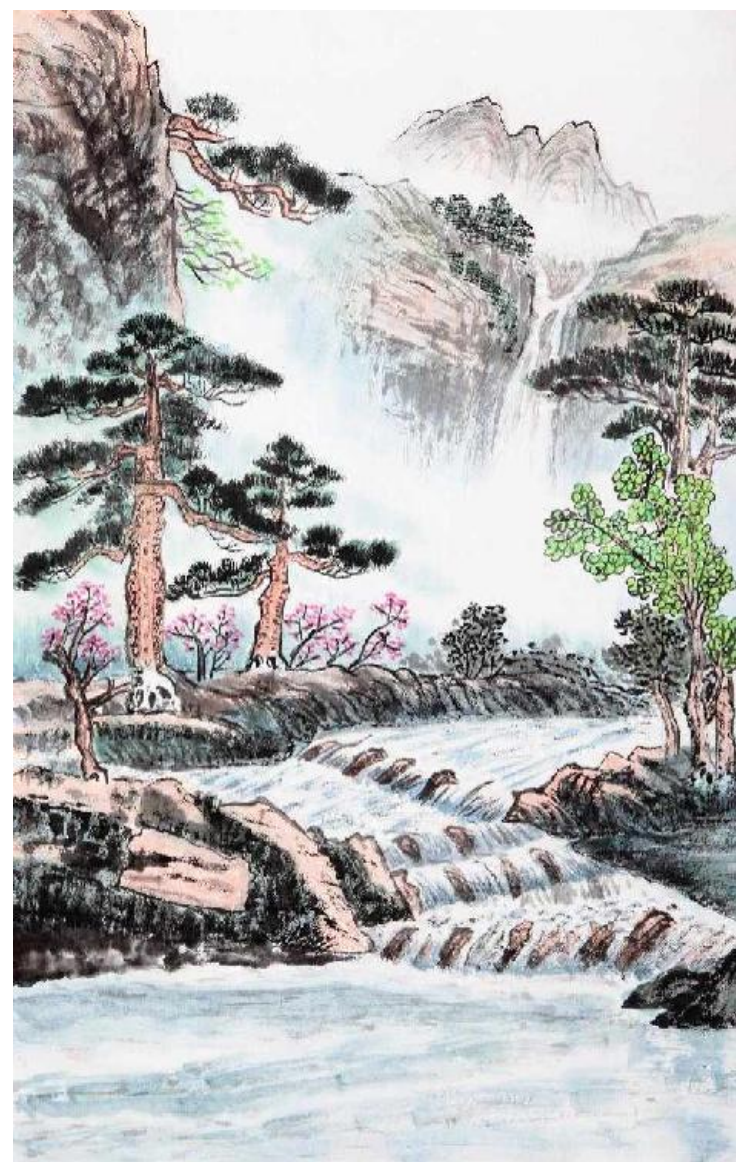
Timing Information:

Preparation	15 m
Total Time	27 m

Nutritional Information:

Calories	366.9
Fat	21.7g
Cholesterol	105.8mg
Sodium	489.3mg
Carbohydrates	31.3g
Protein	16.2g

* Percent Daily Values are based on a 2,000 calorie diet.



Japanese Sesame Egg Sushi

Ingredients

- 1 C. sushi rice, or Japanese short-grain white rice
- 3 eggs, beaten
- 1/4 tsp salt
- 1 tbsp vegetable oil
- 3 tbsp rice vinegar
- 2 tbsp white sugar
- 1 tsp salt
- 2 tbsp black sesame seeds
- 6 sprigs Italian parsley with long stems

Directions

- Cook the rice according to the directions on the package. Drain and place it aside to lose heat completely.
- Get a mixing bowl: Mix in it the eggs with 1/4 tsp of salt.
- Place a large skillet over medium heat. Grease it with oil and heat it. Spread in it 1/6 of the beaten eggs then cook them for until it is done.
- Flip the egg omelet and cook it for 10 sec. Place it aside. Repeat the process with the rest of the mix to make 6 thin omelet.
- Get a small bowl: Mix in it the vinegar, sugar, and 1 tsp salt. Place it in the microwave and heat for 10 to 15 sec.
- Stir in the sesame seeds with vinegar.
- Place an egg omelet on working surface and place in the center of the edge a spoonful of rice. Roll it to make a square then use the Italian parsley to tie it.
- Serve it with your favorite dip.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	30 m
Cooking	25 m
Total Time	55 m

Nutritional Information:

Calories	218 kcal
Fat	6.7 g
Carbohydrates	33.2g
Protein	6.7 g
Cholesterol	93 mg
Sodium	535 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Hot Shot of Ramen

Ingredients

- 1 1/2 C. water
- 1 small yellow onion, finely diced
- 1 celery rib, finely diced
- 6 baby carrots, julienne
- 1 (3 oz.) packages ramen noodles, broken
- 1 (5 1/2 oz.) cans sardines in tomato sauce
- 2-3 dashes hot sauce

Directions

- Place a large saucepan of water over medium heat. Stir in it the water, onion, celery, and carrots. Cook them for 12 min.
- Stir in the noodles and cook it for 3 to 4 min.
- Stir the sardines with tomato, and hot sauce into the saucepan. Serve it hot with your favorite toppings.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	10 m
Total Time	23 m

Nutritional Information:

Calories	365.6
Fat	15.5g
Cholesterol	47.5mg
Sodium	861.7mg
Carbohydrates	35.0g
Protein	20.8g

* Percent Daily Values are based on a 2,000 calorie diet.

Jalapenos Frittata

Ingredients

- 2 (3 oz) packages chicken flavored ramen noodles
- 6 eggs
- 2 tsp butter
- 1/2 C. shredded Cheddar cheese

Directions

- Place a small saucepan over medium heat. Fill it with water and bring it to a boil. Cook in it the noodles until it becomes soft.
- Get a mixing bowl: Mix in it the seasoning packet with eggs. Add the noodles and toss them.
- Place a large pan over medium heat. Heat the butter in it until it melts. Cook in it the noodles for 6 min.
- Cut the noodles frittata into 4 pieces and flip them. Sprinkle the cheese on top and cook them for 2 min. Serve your frittata warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	5 m
Cooking	15 m
Total Time	20 m

Nutritional Information:

Calories	339 kcal
Fat	15.7 g
Carbohydrates	28.8g
Protein	20.3 g
Cholesterol	302 mg
Sodium	681 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Minty Noodles Cookies

Ingredients

- 4 (3 oz.) packets ramen noodles, uncooked
- 1 (16 oz.) bags dark chocolate chips
- 12-14 drops peppermint extract
- 1-2 drop spear mint extract
- 1-2 drop wintergreen extract
- 24 lollipop sticks
- 1/2 tsp butter (optional)

Directions

- Break the noodles into pieces and place it in a mixing bowl.
- Place a pot over low heat. Stir in it the chocolate chips with butter until they melt. Stir in the mint extract. Cook them for 1 min.
- Pour the mix all over the noodles and mix them well.
- Use a large tbsp to spoon the mix in the shape of cookies on a lined up baking sheet. place the pan in the fridge for at least 1 h.
- Serve your cookies with your favorite toppings.
- Enjoy.

Servings per Recipe: 24

Timing Information:

Preparation	10 m
Total Time	1 Hr 10 m

Nutritional Information:

Calories	155.2
Fat	8.0g
Cholesterol	0.0mg
Sodium	166.5mg
Carbohydrates	21.2g
Protein	2.1g

* Percent Daily Values are based on a 2,000 calorie diet.



Japanese Tuna Pyramids Bites

Ingredients

- 1 C. short-grain sushi rice
- 1 1/4 C. water
- 1 pinch salt (optional)
- 1 (5 oz) can tuna, drained
- 2 tbsp mayonnaise, or to taste
- ground black pepper (optional)
- 1 sheet nori, cut into 1-inch strips, or desired width

Directions

- Clean the rice well with some water.
- Place a medium saucepan over medium heat. Pour into it 1 1/4 C. of water. Add the rice with a pinch of salt. Cook it until it starts boiling.
- Lower the heat and put on the lid. Cook the rice for 22 min. Place the rice aside with the cover on for 12 min.
- Transfer the rice to a mixing bowl and place it aside to lose heat completely for 17 min.
- Get a mixing bowl: Mix in it the tuna, mayonnaise, a pinch of salt and pepper.
- Lay 10 inches piece of a plastic wrap on a working surface. Place in the middle of it 1/2 of rice. Create a small well in it and place in it 1 tsp of the tuna mix.
- Cover it with another 1/2 C. of rice. Fold the plastic wrap over the rice mix to cover it. Shape the mix into a small pyramid then remove the plastic wrap.
- Wrap a nori strip around the rice pyramid gently. Repeat the process with the remaining mix then serve them with your favorite dip.
- Enjoy.

Servings per Recipe: 3

Timing Information:

Preparation	30 m
Cooking	20 m
Total Time	1 h 15 m

Nutritional Information:

Calories	355 kcal
Fat	8 g
Carbohydrates	53.3g
Protein	15.2 g
Cholesterol	16 mg
Sodium	129 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Sesame and Chicken Soup

Ingredients

- 5 C. water
- 2 (3 oz.) packages chicken-flavored ramen noodles
- 6 oz. snow peas, cut up diagonally in half
- 2 green onions, sliced
- 1 large carrot, shredded
- 1 lb boneless skinless chicken breast, cut into 3/4 inch pieces
- 1 tsp sesame oil

Directions

- Place a large saucepan over medium heat. Heat in it the water until it starts boiling.
- Stir in the noodles snow peas, green onions, carrot, and chicken. Let them cook for 4 to 6 min over high heat.
- Turn off the heat and stir the sesame oil into it. Serve it hot.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 m
Total Time	18 m

Nutritional Information:

Calories	352.8
Fat	10.8g
Cholesterol	72.6mg
Sodium	1036.5mg
Carbohydrates	32.5g
Protein	30.1g

* Percent Daily Values are based on a 2,000 calorie diet.

Japanese Grilled Tuna Salad

Ingredients

- 2 tbsp olive oil
- 1 1/2 tsp lime juice
- 1 1/2 tsp chopped fresh cilantro
- 1/2 tsp garlic, minced
- 1 tsp chopped fresh mint
- 1/2 tsp lemon juice
- 1/8 tsp salt
- 1 1/2 C. mixed baby salad greens
- 1/2 C. torn romaine lettuce
- 2 tbsp diced mango
- 1 1/2 tsp roasted peanuts
- 4 slices cucumber, quartered
- 2 tbsp crisp chow mein noodles
- 1 (3 oz) fresh ahi (yellowfin) tuna steak
- 1 pinch salt and ground black pepper to taste
- 1/4 avocado, sliced

Directions

- Get a small bowl: Mix in it the olive oil, lime juice, cilantro, garlic, mint, lemon juice, and salt to make the salad dressing. Place it in the fridge for 1 h 30 min to 8 h.
- Before you do anything preheat the grill and grease it.
- Get a large serving bowl: Stir in it the salad greens, romaine lettuce, mango, peanuts, cucumber, and chow mein noodles.
- Season the tuna steaks with some salt and pepper. Cook it on the grill for 2 to 4 min on each side.
- Slice the tuna and place it over the salad. Drizzle the dressing on top then serve your salad.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	30 m
Cooking	5 m
Total Time	1 h 35 m

Nutritional Information:

Calories	252 kcal
Fat	19.3 g
Carbohydrates	9.3g
Protein	12.4 g
Cholesterol	19 mg
Sodium	207 mg

* Percent Daily Values are based on a 2,000 calorie diet.

\$3 Dollar Dinner

Ingredients

- 1 (6 oz.) cans tuna in vegetable oil
- 1 (3 oz.) packets ramen noodles, any flavor
- 1/2 C. frozen mixed vegetables

Directions

- Place a large skillet over medium heat. Heat in it a splash of oil. Cook in it the tuna for 2 to 3 min.
- Prepare the ramen noodles according to the directions on the package with the veggies.
- Remove the noodles and veggies from the water and transfer them to the pan. Stir into them the seasoning packet and cook them for 2 to 3 min.
- Serve your ramen tuna warm.
- Enjoy.

Servings per Recipe: 1

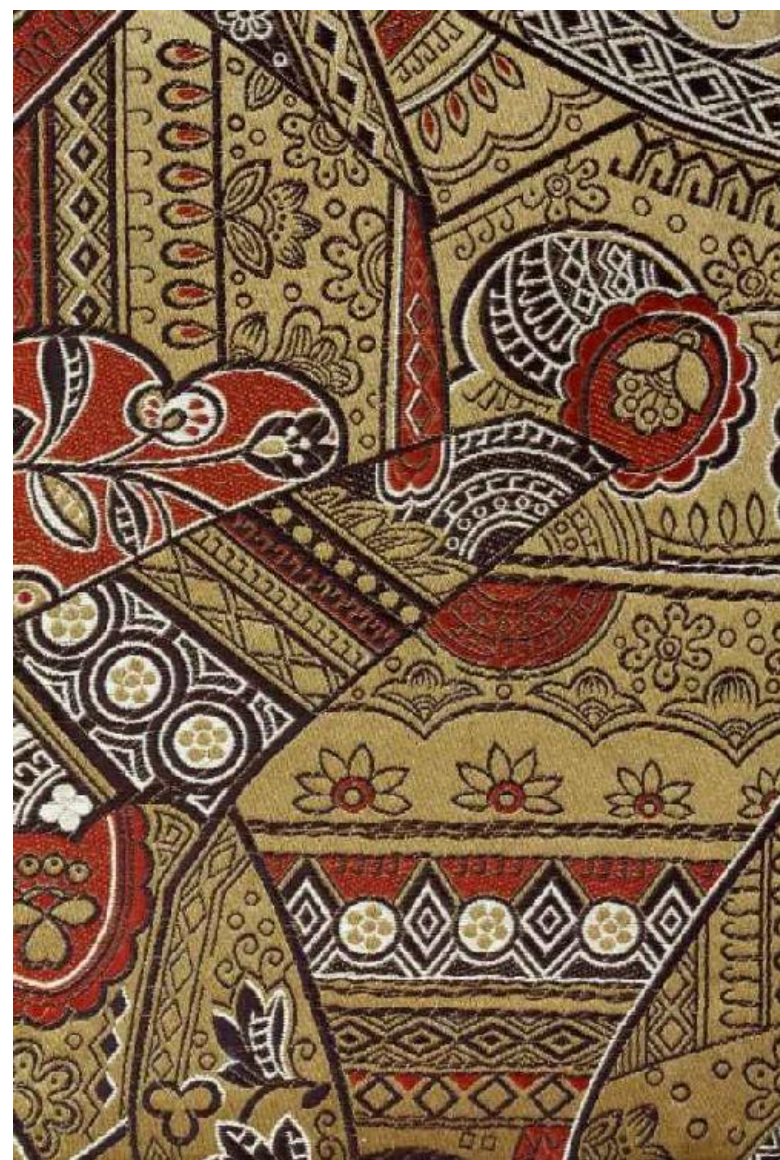
Timing Information:

Preparation	0 m
Total Time	5 m

Nutritional Information:

Calories	780.9
Fat	27.8g
Cholesterol	30.6mg
Sodium	2388.2mg
Carbohydrates	69.2g
Protein	62.3g

* Percent Daily Values are based on a 2,000 calorie diet.



Noodles Curry Soup

Ingredients

- 3 carrots, cut into bite-size pieces
- 1 small onion, cut into bite-size pieces
- 3 tbsp water
- 1/4 C. vegetable oil
- 1/2 C. all-purpose flour
- 2 tbsp all-purpose flour
- 2 tbsp red curry powder
- 5 C. hot vegetable stock
- 1/4 C. soy sauce
- 2 tsp maple syrup
- 8 oz udon noodles, or more to taste

Directions

- Get a microwave proof bowl: Stir in it the water with carrot and onion. put on the lid and cook them on high for 4 min 30 sec.
- Place a soup pot over medium heat. Heat the oil in it. Add to it 1/2 C. plus 2 tbsp flour and mix them to make a paste.
- Add the curry with hot stock and cook them for 4 min while mixing all the time. Add the cooked onion and carrot with soy sauce, and maple syrup.
- Cook the noodles according to the directions on the package until it becomes soft.
- Cook the soup until it starts boiling. Stir in the noodles and serve your soup hot.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	15 m
Cooking	25 m
Total Time	40 m

Nutritional Information:

Calories	442 kcal
Fat	15.8 g
Carbohydrates	65.2g
Protein	9.2 g
Cholesterol	0 mg
Sodium	1854 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Sweet and Spicy Ramen Stir Fry

Ingredients

- 1 (14 oz.) packages extra firm tofu, cubed
- 8 tsp soy sauce
- 2 tbsp vegetable oil
- 8 oz. shiitake mushrooms, sliced thin
- 2 tsp Asian chili sauce
- 3 garlic cloves, minced
- 1 tbsp grated fresh ginger
- 3 1/2 C. low sodium chicken broth
- 4 (3 oz.) packages ramen noodles, packets discarded
- 3 tbsp cider vinegar
- 2 tsp sugar
- 1 (6 oz.) bags Baby Spinach

Directions

- Use some paper towels to pat the tofu dry.
- Get a mixing bowl: Stir in it the tofu with 2 tsp of soy sauce.
- Place a large pan over medium heat. Heat 1 tbsp of oil in it. Sauté in it the tofu for 2 to 3 min on each side then drain it and place it aside.
- Heat the rest of the oil in the same skillet. Sauté in it the mushroom for 5 min. Add the chili sauce, garlic, and ginger. Let them cook for 40 sec.
- Crush the ramen into pieces. Stir it into the pan with the broth and cook them for 3 min or until the ramen is done.
- Add 2 tbsp soy sauce, vinegar, and sugar. Add the spinach and cook them for 2 to 3 min or until it wilts.
- Fold the tofu into the noodles then serve it warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 m
Total Time	30 m

Nutritional Information:

Calories	585.2
Fat	25.9g
Cholesterol	0.0mg
Sodium	2516.7mg
Carbohydrates	67.4g
Protein	25.1g

* Percent Daily Values are based on a 2,000 calorie diet.

Japanese Bonito Tofu Soup

Ingredients

- 4 C. water
- 1/2 C. bonito flakes
- 1 (4 inch) piece dashi kombu
- 1/2 (12 oz) package tofu, cut into chunks
- 1 tsp dried wakame
- 3 tbsp miso paste
- 1/4 C. chopped green onions

Directions

- Pour the water in a large pot and bring it to a boil over low heat. Add the kombu and bring it to a simmer.
- Add the bonito. Turn off the heat and allow the mix to sit for 6 min to make the stock. Strain the stock and place it aside.
- Pour 3 1/2 C. of the stock in a soup pot and cook it over medium heat until it heated. Add the tofu and wakame.
- Ladles 1 C. of the stock into a mixing bowl. Add the miso paste and mix them well. Pour the mix back into the pot with remaining 1/2 C. of stock. Serve your soup warm with green onions.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	15 m
Cooking	15 m
Total Time	30 m

Nutritional Information:

Calories	65 kcal
Fat	2.8 g
Carbohydrates	4.9g
Protein	6.2 g
Cholesterol	0 mg
Sodium	511 mg

* Percent Daily Values are based on a 2,000 calorie diet.



Parmesan Tuna Ramen

Ingredients

- 1 (3 oz.) packages chicken-flavored ramen noodles
- 1 1/2 C. water
- 1 (6 oz.) canned tuna
- 1-3 tbsp parmesan cheese
- 1 tbsp butter
- parsley flakes
- black pepper

Directions

- Get a large serving bowl: Pour in it the water.
- Crush the noodles and add it to the water with the seasoning packet.
- Place it in the microwave and cook it for 5 min.
- Stir in the Tuna, Parmesan, Butter, Pepper. Serve it hot.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	2 m
Total Time	6 m

Nutritional Information:

Calories	712.6
Fat	31.2g
Cholesterol	106.3mg
Sodium	2590.7mg
Carbohydrates	54.2g
Protein	51.2g

* Percent Daily Values are based on a 2,000 calorie diet.

Japanese Beef Roast Barbecue

Ingredients

- 1/2 lb beef rib eye roast (about 230 grams) or 1/2 lb prime rib roast
- 3 tbsp soy sauce
- 3 tbsp sake or 3 tbsp sherry wine
- 1 1/2 tbsp sesame oil
- 1 1/2 tbsp sugar
- 1/2 apple, grated to release juice
- 2 tbsp roasted and partially ground sesame seeds
- 2 garlic cloves, minced
- 1/4 tsp dry mustard

Directions

- Cut the beef roast into 2 1/2 to 3 inches long slices.
- Place a pan over medium heat. Toast in it the sesame seeds until it starts popping. Turn off the heat and grind it in a pestle slightly.
- Transfer the ground sesame seeds with the remaining ingredients into a large mixing bowl to make the marinade.
- Toss in it the beef slices. Cover the bowl with a plastic wrap and refrigerate it for 7 h.
- Before you do anything preheat the grill and grease it. Drain the beef slices and grill them for 2 to 3 min on each side. Serve them warm.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	0 mins
Total Time	30 mins

Nutritional Information:

Calories	558.8
Fat	39.9g
Cholesterol	77.1mg
Sodium	1574.0mg
Carbohydrates	20.0g
Protein	24.7g

* Percent Daily Values are based on a 2,000 calorie diet.

Ramen Steak Skillet

Ingredients

- 1 lb beef round tip steak, stripped
- 2 cloves garlic, minced
- 1 tbsp light sesame oil
- 1/4 tsp ground red pepper
- 1 (3 oz.) packages ramen noodles
- 1 (1 lb) package broccoli, carrots and water chestnuts
- 1 tsp light sesame oil
- 1 (4 1/2 oz.) jars mushrooms, drained
- 1 tbsp soy sauce

Directions

- Get a mixing bowl: Stir in it the beef strips, garlic, one tbsp sesame oil and ground red pepper.
- Place a pot over medium heat. Cook in it 2 C. of water until it starts boiling. Crush the noodles into 3 portions.
- Stir it in the pot with the veggies and cook them until they start boiling. Lower the heat and cook them for an extra 3 min.
- Pour the mix in a colander to remove the water. Place the noodles and veggies mix back into the pot.
- Add the seasoning packet and stir them well.
- Place a large pan over medium heat. Heat 1 tsp of sesame oil in it. Cook in it the beef slices for 4 to 5 min or until they are done.
- Stir the ramen and veggies mix into the skillet with the mushrooms and soy sauce. Cook them for an extra 3 min. Serve your skillet warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 m
Total Time	25 m

Nutritional Information:

Calories	178.8
Fat	8.3g
Cholesterol	0.0mg
Sodium	732.3mg
Carbohydrates	22.1g
Protein	6.0g

* Percent Daily Values are based on a 2,000 calorie diet.



Japanese Octopus Bites

Ingredients

- 100 g flour
- 1 egg
- 350 ml water
- 100 g boiled octopus (cut into 1cm square)
- 50 g cabbage (chopped)
- 10 g green onions (scallions chopped)
- 20 g fish scraps
- takoyaki sauce or yakisoba sauce or okonomiyaki sauce
- ao nori (seaweed)
- dried bonito flakes
- mayonnaise (optional)

Directions

- Get a mixing bowl: Whisk in it the water with egg and flour well until no lumps are found.
- Heat and grease an iron pan with round holes. Fill the holes with the batter and cook them until the edges harden.
- Place the octopus pieces in the middles of the holes. Sprinkle the cabbage, green onion, fish scraps, nori, bonito flakes and your favorite sauce on top.
- Flip the balls and cook them on the other side until they become golden brown. Serve your octopus bites with your favorite sauce.
- Enjoy.

Servings per Recipe: 50

Timing Information:

Preparation	0 mins
Total Time	10 mins

Nutritional Information:

Calories	10.6
Fat	0.1g
Cholesterol	5.1mg
Sodium	6.3mg
Carbohydrates	1.6g
Protein	0.6g

* Percent Daily Values are based on a 2,000 calorie diet.

Teriyaki Ramen Bowls

Ingredients

- 1 1/2 lbs salmon fillets, skinned and boned
- salt & black pepper
- 5 tbsp teriyaki marinade
- vegetable oil, for rubbing
- 2 tbsp red wine vinegar
- 1/4 C. sweet chili sauce
- 6 tbsp Asian fish sauce
- 3 tbsp fresh ginger, grated
- 1 lb soba noodles
- 1 tbsp instant bouillon granules
- 1/2 C. scallion, thinly sliced
- 1 1/2 C. Spinach
- 1 tbsp sesame seeds, toasted

Directions

- Sprinkle some salt and pepper over the salmon fillets.
- Get a large zip lock bag: Combine in it the salmon fillets with the teriyaki marinade. Seal the bag and shake it to coat.
- To make the chili sauce:
- Get a small mixing bowl: Mix in it the vinegar, chili sauce, fish sauce and ginger. Place it aside.
- Prepare the noodles according to the directions on the package without the seasoning packet.
- Remove the salmon fillets from the marinade and coat them with some oil.
- Place a large pan over medium heat and heat it though. Cook in it the salmon fillet for 3 to 4 min on each side.
- Add half of the salmon marinade to the pan and coat them with it. Place them aside to sit for 6 min.
- Cut the salmon into chunks then add to it the spinach with a pinch of salt and pepper. Cook them for 2 to 3 min.
- Place a large saucepan over medium heat. Cook 6 C. of water in it until they start boiling. Add to it the bouillon powder and the white scallion pieces.
- Reduce the heat and place the pot aside to make the broth.
- Drain the noodles and place it in serving bowls. Pour over it the hot broth then top it with the salmon fillets.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	1 Hr 30 m
Total Time	2 h

Nutritional Information:

Calories	433.0
Fat	5.6g
Cholesterol	59.8mg
Sodium	2716.9mg
Carbohydrates	63.0g
Protein	36.5g

* Percent Daily Values are based on a 2,000 calorie diet.

Japanese Spring Stir Fry

Ingredients

- 4 C. cooked rice or 1 C. uncooked rice
- 1 C. frozen peas, thawed
- 2 tbsp carrots, finely diced
- 2 eggs, beaten
- 1/2 C. onion, diced
- 1 1/2 tbsp butter
- 2 tbsp soy sauce
- salt
- pepper

Directions

- Prepare the rice according to the directions on the package. Drain the rice and place it in the fridge to lose heat.
- Place a large greased skillet over medium heat. Scramble in it the eggs while crumbling them then place them aside.
- Get a large mixing bowl: Place in it the rice with scrambled eggs, peas, grated carrot, scrambled egg and diced onion. Mix them well.
- Place a large skillet over medium heat. Heat the butter in it until it melts. Add the rice mix with soy sauce, a pinch of salt and pepper.
- Stir fry it for 9 min. Serve your stir fried rice warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	0 mins
Total Time	40 mins

Nutritional Information:

Calories	356.5
Fat	7.2g
Cholesterol	104.4mg
Sodium	616.0mg
Carbohydrates	60.6g
Protein	10.5g

* Percent Daily Values are based on a 2,000 calorie diet.

Chili Coconut Ramen

Ingredients

- 1 (3 oz.) packages ramen noodles
- 2 tbsp peanut butter
- 1 tsp low sodium soy sauce
- 1 1/2 tsp chili-garlic sauce
- 2-3 tbsp hot water
- 2 tbsp sweetened flaked coconut

Garnish

- broccoli floret
- peanuts
- shredded carrot

Directions

- Prepare the noodles according to the directions on the package while discarding the seasoning packet.
- Get a large mixing bowl: Beat in it the peanut butter, half of the seasoning packet, soy sauce, chili-garlic sauce, 2-3 tbsp of hot water until they become smooth.
- Add the noodles to the bowl and toss them to coat. Serve your noodles.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	5 m
Total Time	10 m

Nutritional Information:

Calories	622.3
Fat	33.7g
Cholesterol	0.0mg
Sodium	2087.6mg
Carbohydrates	66.4g
Protein	17.5g

* Percent Daily Values are based on a 2,000 calorie diet.



Japanese Steakhouse Dressing

Ingredients

- 1/2 C. minced onion
- 1/2 C. peanut oil
- 1/3 C. rice vinegar
- 2 tbsp water
- 2 tbsp minced fresh ginger
- 2 tbsp minced celery
- 2 tbsp ketchup
- 4 tsp soy sauce
- 2 tsp sugar
- 2 tsp lemon juice
- 1/2 tsp minced garlic
- 1/2 tsp salt
- 1/4 tsp fresh ground black pepper

Directions

- Get a blender: Add all the ingredients to it and blend them smooth.
- Pour the dressing in a container and refrigerate it until ready to use.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	15 mins

Nutritional Information:

Calories	617.4
Fat	61.9g
Cholesterol	0.0mg
Sodium	1631.8mg
Carbohydrates	16.4g
Protein	2.5g

* Percent Daily Values are based on a 2,000 calorie diet.

Mandarin Ramen Salad

Ingredients

- 1 (16 oz.) packages coleslaw mix
- 2 (3 oz.) packages ramen noodles, crumbled
- 1 C. sliced almonds
- 1 (11 oz.) cans mandarin oranges, drained
- 1 C. roasted sunflower seeds, shelled
- 1 bunch green onion, chopped
- 1/2 C. sugar
- 3/4 C. vegetable oil
- 1/3 C. white vinegar
- 2 packets packet ramen seasoning

Directions

- Get a small mixing bowl: Whisk in it the vinegar, ramen seasoning, oil and sugar to make the dressing.
- Get a large mixing bowl: Toss in it the coleslaw mix with noodles, almonds, mandarin, sunflower seeds, and onion.
- Drizzle the dressing over them and toss them to coat. Place the salad in the fridge for 60 min then serve it.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	15 m
Total Time	15 m

Nutritional Information:

Calories	697.2
Fat	50.1g
Cholesterol	0.0mg
Sodium	606.5mg
Carbohydrates	56.0g
Protein	12.1g

* Percent Daily Values are based on a 2,000 calorie diet.

Japanese Fruity Chicken Curry

Ingredients

- 3 C. chicken stock
- 1 tbsp canola oil
- 1 lb boneless skinless chicken, cut into chunks
- salt and pepper
- 3 tbsp butter
- 1 tsp fresh ginger, finely chopped
- 1/2 medium onion, finely chopped
- 1/2 medium onion, cut into 1-inch chunks
- 1 garlic clove, finely chopped
- 3 tbsp flour
- 2 tbsp curry powder
- 2 tbsp crushed tomatoes
- 1 bay leaf
- 1 medium carrot, chopped to 1/2-inch pieces
- 1 medium potato, chopped in 1-inch pieces
- 1 small fuji apple, grated
- 1 tsp honey
- 1 tbsp soy sauce

Directions

- Place a medium saucepan over medium heat: Pour the stock in it and heat it through.
- Sprinkle some salt and pepper on the chicken.
- Place a large skillet over medium heat: Heat the oil in it. Add the chicken pieces and cook them for 5 min on each side. Drain it and place it aside.
- Add the butter to the skillet and heat it until it melts. Cook in it the ginger, garlic, and chopped onion for 4 min.
- Add the flour and cook them for 2 min. Stir in 1/2 C. of hot stock and mix them well. Stir in the tomato with curry.
- Transfer the mix to the pot with the remaining hot stock. Stir in the chicken, onion, potato, and carrot.
- Cook the curry until it starts simmering. Cook it for 32 min. Stir in the apples, soy sauce, and honey.
- Cook the curry for 6 min. Serve it warm with some rice.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	55 mins

Nutritional Information:

Calories	420.5
Fat	17.9g
Cholesterol	101.1mg
Sodium	734.0mg
Carbohydrates	33.1g
Protein	31.9g

* Percent Daily Values are based on a 2,000 calorie diet.



Ramen Green Bean Stir Fry

Ingredients

- 1 1/2 lbs fresh green beans
- 2 (3 oz.) packages ramen noodles
- 1/2 C. vegetable oil
- 1/3 C. toasted almond
- salt, as needed
- black pepper, as needed

Directions

- Trim the green beans and slice them into 3 to 4 inches pieces.
- Place the green beans in a steamer and cook them until they become soft.
- Get a large skillet. Stir in it the oil with 1 seasoning packet.
- Crush 1 packet of noodles and stir it into the skillet. Add the steamed green beans and cook them for 3 to 4 min.
- Adjust the seasoning of your stir fry then serve it warm.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	7 m
Total Time	27 m

Nutritional Information:

Calories	370.9
Fat	27.2g
Cholesterol	0.0mg
Sodium	338.3mg
Carbohydrates	28.2g
Protein	6.4g

* Percent Daily Values are based on a 2,000 calorie diet.

Japanese Crock Stew

Ingredients

- 2 lbs beef stew meat
- 1 C. water
- 1/2 C. Japanese sake
- 1/4 C. sugar
- 1/4 C. soy sauce
- 1 tsp salt
- 1/2 lb baby carrots
- 3 medium potatoes, peeled and chopped
- 1 white onion, diced

Directions

- Stir all the ingredients into a crockpot. Put on the lid and cook the stew for 11 h on low or 5 h on high.
- Serve your stew warm.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	5 mins
Total Time	12 hrs 5 mins

Nutritional Information:

Calories	361.5
Fat	6.9g
Cholesterol	96.7mg
Sodium	1217.1mg
Carbohydrates	33.6g
Protein	36.8g

* Percent Daily Values are based on a 2,000 calorie diet.

Shoyu Ramen

Ingredients

- 2 boneless skinless chicken breasts
- 2 tbsp sesame oil
- 3 tbsp shoyu
- 1 tbsp rice vinegar
- 1 garlic clove, minced
- 2 tsp honey
- 2 (3 oz.) packages ramen noodles
- 1/3 C. shoyu
- 1/3 C. rice vinegar, unseasoned
- 2 tsp ground ginger
- 2 tbsp honey
- 1 piece konbu
- 1 C. frozen broccoli

Directions

- Slice the chicken breasts into bite size pieces.
- Place a large pan over medium heat. Heat 3 tbsp the sesame oil with 3 tbsp shoyu, 1 tbsp of the vinegar, 1 clove of garlic, and 2 tsp of honey. Stir them until they are heated though.
- Stir the chicken into the pan. Cook it for 6 to 8 min or until it is done.
- Place a large saucepan over medium heat. Stir in it the remaining shoyu, vinegar, ginger, and honey. Stir enough water that can cover the noodles.
- Heat them though until they honey melts. Add the veggies with konbu and bring them to a boil.
- Once the time is up, discard the konbu and stir in the noodles. Cook them for 4 min. Spoon the ramen into serving bowls.
- Top it with the sweet chicken and serve it warm.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	10 m
Total Time	15 m

Nutritional Information:

Calories	787.2
Fat	30.0g
Cholesterol	68.4mg
Sodium	4837.8mg
Carbohydrates	89.7g
Protein	41.9g

* Percent Daily Values are based on a 2,000 calorie diet.

Japanese Juicy Burgers

Ingredients

- 1 lb ground beef
- 1/2 onion, chopped
- 1 egg
- 1/4 C. milk
- 1 C. panko breadcrumbs
- pepper
- vegetable oil, for frying
- 3 tbsp ketchup
- 3 tbsp Worcestershire sauce

Directions

- Place a large skillet over medium heat. Heat the oil in it. Cook in it the onion for 3 min.
- Get a large mixing bowl: Add the milk with egg and whisk them well. Stir in the breadcrumbs and place them aside.
- Get a large mixing bowl: Combine in it the beef with onion, breadcrumbs mix, a pinch of salt and pepper. Mix them well. Shape the mix into 4 patties.
- Place a large skillet over medium heat. Heat some oil in it. Cook in it the burger patties for 4 min. Flip them.
- Pour 1/4 C. of hot water into the skillet. Put on the lid and coo the patties for 4 min. Remove the lid after all the water evaporates.
- Place the burger patties aside. Stir the ketchup and Worcestershire sauce into the skillet. Mix them well and heat them to make the sauce.
- Drizzle the sauce all over the burgers then serve them warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	15 mins
Total Time	25 mins

Nutritional Information:

Calories	404.4
Fat	20.2g
Cholesterol	125.7mg
Sodium	548.5mg
Carbohydrates	26.8g
Protein	27.1g

* Percent Daily Values are based on a 2,000 calorie diet.



Baby Ramen Soup

Ingredients

- 2 (14 1/2 oz.) cans chicken broth
- 1/2 lb baby bok choy, halved lengthwise
- 2 green onions, cut into 2-inch lengths
- fresh ginger, minced
- 1 garlic clove, minced
- 1 1/2 tsp soy sauce
- 1 (3 1/2 oz.) packages ramen noodles
- 1/4 lb sliced ham
- 4 hard-boiled eggs, peeled and quartered
- 1 tsp sesame oil

Directions

- Place a pot over medium heat. Stir in it the broth, bok choy, green onions, ginger, garlic and soy sauce. Simmer them for 12 min.
- Add the noodles to the pot. Let the soup cook for an extra 4 min.
- Serve your soup warm with your favorite toppings.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	15 m
Total Time	20 m

Nutritional Information:

Calories	284.9
Fat	13.3g
Cholesterol	201.2mg
Sodium	1838.1mg
Carbohydrates	19.3g
Protein	20.9g

* Percent Daily Values are based on a 2,000 calorie diet.

Japanese Crusted Potato Bites

Ingredients

- 3 -4 C. leftover mashed potatoes
- 1 C. corn
- 1/2 C. flour
- 1 egg, beaten
- 1 C. panko breadcrumbs
- oil(for frying)

Directions

- Get a mixing bowl: Add the corn with potato. Combine them well. Shape the mix into patties.
- Dust the potato patties with flour, dip them in the beaten egg and coat them with the panko crumbs.
- Heat the oil in a large pan. Cook in it the potato patties until they become golden brown. Serve your potato bites warm.
- Enjoy.

Servings per Recipe 4

Timing Information:

Preparation	30 mins
Total Time	30 mins

Nutritional Information:

Calories	231.9
Fat	2.8g
Cholesterol	33.1mg
Sodium	461.1mg
Carbohydrates	44.6g
Protein	7.3g

* Percent Daily Values are based on a 2,000 calorie diet.



Broccoli and Oyster Ramen

Ingredients

- 1 lb boneless beef top sirloin steak
- 1 tbsp soy sauce
- 1 tbsp apple juice
- 2 tsp cornstarch
- 2 (3 oz.) packages beef-flavor ramen noodles
- 4 C. boiling water
- 2 tbsp olive oil
- 1 onion, chopped
- 3 C. frozen broccoli florets, thawed and drained
- 3 tbsp oyster sauce
- 1 tbsp cornstarch

Directions

- Place the steak in the freezer until it is partially frozen then thinly slice it.
- Get a large mixing bowl: Whisk in it the soy sauce, apple juice and 2 tsp cornstarch. Stir the beef into the mix.
- Get a large mixing bowl: Crush the noodles into pieces stir it in it with the 1 seasoning packet.
- Add 4 C. of water to the bowl and stir them. Cover the bowl and place it aside.
- Place a large pan over high heat. Heat the oil in it. Sauté in it the beef for 3 min. Stir in the broccoli and cook it for 4 min.
- Stir the beef into the skillet and cook them for 8 to 12 min.
- Get a small mixing bowl: Whisk in it 1 C. of the ramen soaking liquid, oyster sauce, and 1 tbsp cornstarch.
- Remove the noodles from the water and stir it into the skillet with oyster mix. Cook them until the ramen skillet thickens. Serve it warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	20 m
Total Time	40 m

Nutritional Information:

Calories	575.7
Fat	32.8g
Cholesterol	75.9mg
Sodium	1207.9mg
Carbohydrates	41.4g
Protein	29.7g

* Percent Daily Values are based on a 2,000 calorie diet.

Crunchy Japanese Ramen

Ingredients

- 1 package ramen noodles
- 2 C. thinly sliced cabbage
- 1 C. thinly sliced onion
- 2 tbsp cooking oil, divided
- 1 tsp ginger powder
- 1 tsp sesame oil
- soy sauce

Directions

- Cook the ramen noodles according to the directions on the package. Drain it
- Place a large pan over medium heat. Heat 1 tbsp of oil in it. Cook in it the onion with cabbage for 4 to 6 min.
- Add the noodles with the remaining oil. Cook them for 2 min. Stir in the rest of the ingredients. Cook them for 2 min. Serve your noodles warm.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	5 mins
Total Time	15 mins

Nutritional Information:

Calories	377.9
Fat	22.6g
Cholesterol	0.0mg
Sodium	881.3mg
Carbohydrates	39.1g
Protein	6.3g

* Percent Daily Values are based on a 2,000 calorie diet.

Sambal Ramen Salad

Ingredients

- 1 (3 oz.) packages ramen noodles
- 1 C. cabbage, shredded
- 4 scallions, cut into 1 inch pieces
- 2-3 carrots
- snow peas, julienned
- 3 tbsp mayonnaise
- 1/2 tsp sambal oelek, or sriracha
- 1-2 tsp lemon juice
- 1/4 C. peanuts, chopped
- cilantro, chopped

Directions

- Prepare the noodles according to the instructions on the package and cook it for 2 min. Remove it from the water and place it aside to drain.
- Get a small mixing bowl: Whisk in it the mayo, sambal olek, and lemon juice to make the sauce
- Get a large mixing bowl: Combine in it the cabbage, carrots, scallions, snow peas, cooked noodles, mayo sauce, a pinch of salt and pepper. Mix them well.
- Serve your salad and enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	5 m
Total Time	7 m

Nutritional Information:

Calories	425.7
Fat	23.8g
Cholesterol	5.7mg
Sodium	706.6mg
Carbohydrates	46.2g
Protein	10.4g

* Percent Daily Values are based on a 2,000 calorie diet.

Japanese Crusted Pork Chops

Ingredients

- 8 eggs, scrambled separately
- 1 kg pork chops
- 15 kumquats, squeezed juice
- 2 tbsp soy sauce
- 1 tsp pepper
- 1/2 C. onion, chopped
- 1 C. flour, as needed
- 3 eggs
- 1 C. panko breadcrumbs, as needed
- 1 C. cooking oil, for deep frying, as needed
- 2 C. dashi stock or 2 C. water
- 1/2 C. soy sauce
- 1/4 C. onion, chopped
- 1/4 C. leek, chopped
- 2 tbsp rice wine or 2 tbsp mirin
- 1 tbsp sugar
- 2 green onions, chopped
- 8 C. steamed rice, cooked and each C. placed on a big bowl

Directions

- Get a large mixing bowl: Stir in it the pork chop with kumquats, soy sauce, pepper and onion. Place it in the fridge for 35 min.
- Drain the pork cutlets from the marinade. Dust them with flour, dip them in the eggs and coat them with the panko crumbs.
- Place a frying pan over medium heat. Heat the oil in it. Cook in it the cutlets until they become golden brown. Drain them and place them aside.
- Slice the fried cutlets into strips until you reach the skin without cutting them completely.
- Combine all the stock ingredients in a wok. Cook them until they start simmering. Keep simmering the stock for 12 min.
- Place a cutlet gently in the stock and top it with a beaten egg on it right away. Cook them until the egg is almost set then drain them gently and place it in a serving bowl of rice.
- Repeat the process with the rest of the ingredients. Serve them warm.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	50 mins
Total Time	1 hr 35 mins

Nutritional Information:

Calories	887.3
Fat	46.2g
Cholesterol	342.0mg
Sodium	1456.5mg
Carbohydrates	70.4g
Protein	44.2g

* Percent Daily Values are based on a 2,000 calorie diet.

Ramen Toscano

Ingredients

- 1/4 C. olive oil
- 3 (3 oz.) packages ramen noodles, packet removed
- 1/2 red bell pepper, sliced
- 1/4 red onion, sliced
- 1 small carrot, thinly sliced
- 3 C. broccoli florets
- 2 tsp garlic, minced
- 1 tsp basil
- 4 eggs, beaten

Spice Mix

- 1/2 C. parmesan cheese, grated
- 1/2 C. half-and-half cream
- 1 tbsp oregano
- 1/2 tsp kosher salt
- 3/4 tsp paprika
- 1/4 tsp dry mustard
- 3/4 tsp ground fennel
- 3/4 tsp granulated garlic
- 3/4 tsp granulated onion
- 1/4 tsp cayenne pepper
- 1 pinch sugar

Directions

- Before you do anything, preheat the oven to 400 F.
- Get a large mixing bowl: Stir in it the seasoning mix with 1/4 C. of olive oil. Toss the red bell pepper, red onion, broccoli florets into the mix.
- Stir 1 tsp of minced garlic and basil.
- Before you do anything, preheat the oven to 350 F.
- Pour the veggies mix into a greased baking sheet. Cook it in the oven for 22 min.
- Heat 4 quarts of water in a large pot over medium heat. Cook in it the ramen noodles for 3 to 4 min. Remove the noodles from the water.
- Get a large mixing bowl: Combine in it the beaten egg, minced garlic, grated Parmesan cheese. Add the noodles and toss them to coat with a pinch of salt and pepper.
- Grease a casserole dish with some butter. Pour the noodles mix in it and spread it in the pan to make the crust.
- Spread the baked veggies over the ramen crust.
- Get a small mixing bowl: Combine in it 3 eggs, the remaining 1/4 C. Parmesan cheese, and 1/2 C. of half and half cream. Mix them well.
- Drizzle the mix all over the veggies. Cover the pie with a piece of foil. Cook it in the oven for 22 min.
- Once the time is up, discard the foil. Sprinkle the remaining cheese on top and cook the pie for an extra 12 min.
- Serve it warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	25 m
Total Time	1 Hr

Nutritional Information:

Calories	611.7
Fat	36.9g
Cholesterol	233.6mg
Sodium	1256.4mg
Carbohydrates	51.4g
Protein	20.2g

* Percent Daily Values are based on a 2,000 calorie diet.



Japanese Russet Curry

Ingredients

- 2 tbsp oil
- 1 1/2 C. chicken
- 1 onion, diced
- 1 large russet potato, peeled, in bite-size cubes
- 1 head broccoli, cut into small pieces
- 1 (14 1/2 oz) cans baby corn, cut in half
- 1 (3 1/2 oz) boxes golden curry sauce mix

Directions

- Place a soup pot over medium heat. Heat the oil in it. Cook it in the chicken with onion for 5 min.
- Add the potato with 2 3/4 C. of water. Put on the lid and lower the heat. Cook them for 12 min. Crumble the curry sauce mix and stir it until it melts for 3 min.
- Stir in the corn with broccoli. Cook the stew for 4 min. Serve it warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	25 mins

Nutritional Information:

Calories	292.4
Fat	9.0g
Cholesterol	0.0mg
Sodium	57.8mg
Carbohydrates	50.3g
Protein	9.9g

* Percent Daily Values are based on a 2,000 calorie diet.

Ramen Seoul

Ingredients

- 1 medium potato
- 1 package ramen noodles
- 1 green onion, sliced (optional)
- 1 large egg, beaten

Directions

- Discard the potato skin and slice them into small dices.
- Prepare the noodles according to the directions on the package while adding the potato to it and adding 1/4 of the water needed to the pot.
- Stir the seasoning packet and cook them for potato until it becomes soft.
- Combine the green onion into the pot and cook them until the ramen is done. Add the eggs to the soup while stirring all the time until they are cooked.
- Serve your soup hot.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	5 m
Total Time	20 m

Nutritional Information:

Calories	303.0
Fat	9.1g14%
Cholesterol	93.0mg
Sodium	907.1mg
Carbohydrates	45.7g
Protein	9.7g

* Percent Daily Values are based on a 2,000 calorie diet.

Japanese Bell Rice Omelet

Ingredients

- 4 C. cooked rice
- 100 g carrots, chopped in very small pieces
- 100 g red capsicums, chopped in very small pieces
- 100 g onions, chopped in very small pieces
- 150 g bacon, chopped in small batons
- 50 g tomato paste
- 2 tsp oil
- 8 eggs
- 2 tsp sugar
- 2 tsp oil
- salt and pepper
- 4 tsp oil, to cook eggs, using one tsp at a time
- 8 tsp tomato ketchup, garnish

Directions

- Get a large mixing bowl: Toss in it the veggies with bacon. Place them aside.
- Get a mixing bowl: Beat in it the eggs with sugar, oil, salt and pepper. Place the mix aside.
- Heat 2 tsp of oil in a deep pan and cook in it the veggies mix for 8 min. Stir in the rice with tomato paste. Mix them well and cook them for 3 min.
- Place a large no sticking pan over medium heat. Heat 1 tsp of oil in it Spread 1/4 f the egg mix in it to coat the pan and cook it for 3 min.
- Release the egg sheet from the side of the pan with a spatula. Place 1/4 of the rice mix on the center of 1 side of the egg sheet.
- Cover the rice with the second side of the egg sheet. Cover the pan with a serving plate and flip it. Place it aside and repeat the process with the rest of the ingredients.
- Serve your omelet with your favorite toppings.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	20 mins
Total Time	45 mins

Nutritional Information:

Calories	692.1
Fat	36.0g
Cholesterol	397.5mg
Sodium	683.6mg
Carbohydrates	67.3g
Protein	22.8g

* Percent Daily Values are based on a 2,000 calorie diet.

Ramen Omelet

Ingredients

- 2 (3 oz.) packages ramen noodles, cooked according to directions
- 6 eggs
- 1 red bell pepper, chopped
- 1 large carrot, grated
- 1/2 C. parmesan cheese, grated

Directions

- Get a mixing bowl: Mix in it the eggs with 1 ramen seasoning packet.
- Add the noodles, bell pepper and carrot. Mix them well.
- Before you do anything else, preheat the oven to 356 F.
- Grease a muffin tin with some butter or a cooking spray. Spoon the batter into the tins. Top the muffins with the parmesan cheese.
- Cook the muffins in the oven for 16 min. Serve them warm.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	10 m
Total Time	25 m

Nutritional Information:

Calories	247.9
Fat	12.2g
Cholesterol	218.8mg
Sodium	534.9mg
Carbohydrates	21.6g
Protein	12.4g

* Percent Daily Values are based on a 2,000 calorie diet.



Japanese Baked Sweet Potato

Ingredients

- 2 tbsp brown sugar
- 3 tbsp low soy sauce
- 2 tbsp mirin
- 1 tbsp dark sesame oil
- 4 garlic cloves, minced
- 2 -3 sweet potatoes, diced
- 1 tbsp toasted sesame seeds
- 1 sheet of toasted nori

Directions

- Before you do anything preheat the oven to 400 F. Grease a casserole dish.
- Get a mixing bowl: Mix in it all the ingredients except for the potato to make the sauce.
- Lay potato slices over the casserole dish and drizzle the sauce all over it. Put on the lid then cook it in the oven for 52 min.
- Drizzle the dripping and the marinade from the casserole dish all over the potato. Remove the cover and cook it in the oven for 12 min.
- Top your baked potato with sesame seeds and nori. Serve it warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	1 hr 10 mins

Nutritional Information:

Calories	147.2
Fat	5.1g
Cholesterol	0.0mg
Sodium	535.3mg
Carbohydrates	23.3g
Protein	2.5g

* Percent Daily Values are based on a 2,000 calorie diet.

Marinated Eggs for Ramen

Ingredients

- 6 eggs
- 1 tbsp rice vinegar
- 2 tbsp soy sauce
- 1 tsp sugar
- 1/2 tsp sesame oil

Directions

- Place a pot over medium heat. Place in it the eggs and cover them with water. Cook them until they start boiling.
- Turn off the heat and put on the lid. Let the eggs sit for 10 min.
- Once the time is up drain the eggs and place them in a bowl. Cover them with some cold water and let them sit for 6 min. Peel them and place them aside.
- Get a small heavy saucepan: Whisk in it the vinegar, soy sauce, sugar, and sesame oil to make the marinade.
- Cook them over medium heat until they start boiling. Turn off the heat and place the marinade aside until it becomes warm.
- Place the eggs in a large mason jar and pour the marinade all over them. Seal it and place it aside to sit for 1 day.
- Once the time is up, drain the eggs and serve them with your ramen.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	0 m
Total Time	9 m

Nutritional Information:

Calories	83.1
Fat	5.3g
Cholesterol	211.5mg
Sodium	405.1mg
Carbohydrates	1.4g
Protein	6.9g

* Percent Daily Values are based on a 2,000 calorie diet.

Japanese Chicken Thighs Skillet

Ingredients

- 2 -3 boneless chicken thighs
- 8 fresh shiitake mushrooms
- 8 shishito green peppers or 3 small bell peppers
- 2 -3 tbsp mirin
- 2 -3 tbsp soy sauce
- japanese sansho pepper (optional)
- shichimi togarashi pepper or red chili pepper flakes (optional)

Directions

- Discard the fat from the chicken. Discard the mushroom tips and cut them into quarters.
- Remove the bell peppers stems and cut them into bite size pieces.
- Place a large skillet over medium heat. Grease it with some oil. Cook in it the chicken thighs with the skin facing down until it becomes crisp and golden brown.
- Stir in the pepper with mushroom. Flip the chicken thighs and cook them on the other side until they become golden brown.
- Stir in the mirin with soy sauce. Cook them until they sauce becomes thick, the chicken and veggies done. Serve your chicken skillet warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	30 mins

Nutritional Information:

Calories	128.4
Fat	7.2g
Cholesterol	39.4mg
Sodium	585.9mg
Carbohydrates	6.1g
Protein	9.6g

* Percent Daily Values are based on a 2,000 calorie diet.

平安清



Chili Ramen Casserole

Ingredients

- 3 packages ramen noodles
- 2 (15 oz.) cans chili with beans
- 1 (15 oz.) cans diced tomatoes
- 4-8 oz. shredded cheese

Directions

- Pour 6 C. of water in a 3 quarts baking pan. Put on the lid and place it in the microwave for 3 to 4 min to heat up.
- Use a rolling pin to crush the ramen slightly. Stir the noodles into the hot water of in the casserole.
- Put on the lid and let it cook in the microwave for 2 min 30 sec. Stir the noodles and cook it for an extra 2 min 30 sec.
- Discard the excess water from the casserole leaving the noodles in it. Add the tomatoes with chili and stir them well.
- Cook them in the microwave on high for an extra 5 min. Top the ramen casserole with the shredded cheese.
- Put on the lid and let it sit for several minutes until the cheese melts. Serve your casserole warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	5 m
Total Time	20 m

Nutritional Information:

Calories	502.3
Fat	24.1g
Cholesterol	54.2mg
Sodium	1979.9mg
Carbohydrates	55.0g
Protein	21.4g

* Percent Daily Values are based on a 2,000 calorie diet.

Warm Japanese Mirin Eggplants Salad

Ingredients

- 8 Japanese eggplants
- 3 tbsp vegetable oil
- 1/4 tsp chili pepper flakes, to taste
- 1 packet dried bonito flakes
- 3 1/2 tbsp soy sauce
- 3 tbsp mirin
- 1 C. water

Directions

- Score the eggplants with a sharp knife lengthwise after each half inch.
- Transfer the eggplant with the rest of the ingredients to a heavy saucepan. Cook them until they start simmering.
- Keep simmering the eggplant mix for 22 min while stirring it from time to time. Serve your eggplant salad.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	30 mins

Nutritional Information:

Calories	368.3
Fat	12.3g
Cholesterol	0.0mg
Sodium	971.9mg
Carbohydrates	64.0g
Protein	12.7g

* Percent Daily Values are based on a 2,000 calorie diet.

Apple Ramen Salad

Ingredients

- 12 oz. broccoli florets
- 1 (12 oz.) bags broccoli coleslaw mix
- 1/4 C. sunflower seeds
- 2 (3 oz.) packages ramen noodles
- 3 tbsp butter
- 2 tbsp olive oil
- 1/4 C. sliced almonds
- 3/4 C. vegetable oil
- 1/4 C. brown sugar
- 1/4 C. apple cider vinegar
- 1/4 C. green onion, chopped

Directions

- Place a large skillet over medium heat. Heat the oil in it.
- Press your ramen with your hands to crush it. Stir it in the pan with the almonds.
- Cook them for 6 min then place the skillet aside.
- Get a large mixing bowl: Toss in it the broccoli, broccoli slaw and sunflowers. Add the noodles mix and toss them again.
- Get a small mixing bowl: Combine in it the vegetable oil, brown sugar, apple cider vinegar and the Ramen noodle seasoning packet to make the vinaigrette.
- Drizzle the vinaigrette all over the salad and stir it to coat. Serve your salad with the green onions on top.
- Enjoy.

Servings per Recipe: 10

Timing Information:

Preparation	15 m
Total Time	20 m

Nutritional Information:

Calories	343.1
Fat	28.5g
Cholesterol	9.1mg
Sodium	235.0mg
Carbohydrates	19.8g
Protein	4.0g

* Percent Daily Values are based on a 2,000 calorie diet.

Japanese Green Beans Salad

Ingredients

- 500 g fresh green beans
- 3 tbsp sesame seeds
- 3 tbsp soy sauce
- 2 tbsp yellow sugar
- 1 pinch salt

Directions

- Place a pan over medium heat. Toast the sesame seeds in it for 2 min. Transfer it to a pestle and grind it slightly.
- Get a large mixing bowl: Stir in it the sesame seeds with the soy sauce, sugar, and a pinch of salt. Whisk them well to make the dressing.
- Trim the green beans. Bring salted saucepan of water to a boil. Cook in it the green beans until they become light green.
- Remove them from the water and rinse them with some water to lose heat. Drain the and pat them dry.
- Toss the green beans with the dressing. Serve it.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	5 mins
Total Time	15 mins

Nutritional Information:

Calories	109.9
Fat	3.6g
Cholesterol	0.0mg
Sodium	801.1mg
Carbohydrates	17.3g
Protein	4.9g

* Percent Daily Values are based on a 2,000 calorie diet.



Sweet Ramen Skillet

Ingredients

- 1 C. bell pepper, chopped
- 1/2 tsp ginger
- 4 whole green onions, thinly sliced
- 1 (20 oz.) cans pineapple, undrained
- 1 lb boneless chicken breast
- oil
- 2 (3 oz.) packages chicken-flavored ramen noodles
- 1/2 C. sweet and sour sauce

Directions

- Pour the pineapple juice in a measuring C. Stir in it enough water to make 2 C. of liquid in total.
- Slice the chicken breast into 1 inch dices. Sprinkle over them ginger, a pinch of salt and pepper.
- Place a large pan over medium heat. Heat a splash of oil in it. Stir in the ramen's seasoning packets and cook them for 30 sec.
- Stir the pineapple liquid mix into the pan with noodles after cutting into pieces.
- Cook the mix until it starts boiling. Lower the heat and cook them for 4 min.
- Once the time is up, stir sweet and sour sauce, pepper, onion, and pineapple into the pan. Let them cook for 4 to 6 min or until the veggies are done.
- Serve your sweet ramen skillet warm.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	10 m
Total Time	30 m

Nutritional Information:

Calories	334.3
Fat	11.6g
Cholesterol	48.6mg
Sodium	703.7mg
Carbohydrates	38.0g
Protein	19.9g

* Percent Daily Values are based on a 2,000 calorie diet.

Japanese Shrimp Stew

Ingredients

- 2 1/2 C. dashi stock
- 3 tbsp soy sauce
- 2 tbsp mirin
- 1/2 tsp sesame oil
- 1 tbsp canola oil
- 2 spring onions, finely sliced
- 2 tsp finely grated ginger
- 1 C. japanese short-grain rice, uncooked
- 1/2 red pepper
- 12 snow peas, halved on the diagonal
- 16 large shrimp, uncooked

Directions

- Get a small mixing bowl: Whisk in it the stock, soy sauce, mirin and sesame oil.
- Place a saucepan over medium heat. Heat the oil in it. Cook in it the green onion for 2 min.
- Stir in the rice with ginger. Cook them for 2 min. Stir in the stock and sauce mix, red pepper and snow peas. Cook the stew until it starts boiling.
- Put on the cover and lower the heat. Cook the stew for 17 min. Remove the lid and lay the shrimp on top.
- Put the lid back on and cook the stew for 6 min. Serve your stew warm.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	10 mins
Total Time	32 mins

Nutritional Information:

Calories	540.0
Fat	9.9g
Cholesterol	85.1mg
Sodium	1688.5mg
Carbohydrates	87.8g
Protein	22.0g

* Percent Daily Values are based on a 2,000 calorie diet.

How to Make Miso Ramen

Ingredients

- 2 tsp olive oil
- 1 garlic clove, minced
- 1 tsp fresh ginger, minced
- 2-4 oz. ground pork
- 5 oz. bean sprouts, rinsed
- 4 oz. cabbage, chopped
- 2-4 oz. carrots, cut into thin strips
- 4 C. low sodium chicken broth
- 1 tsp sugar
- 2 tsp light soy sauce
- 4 tbsp miso
- 2 (3 oz.) packages ramen noodles
- 1/2 tsp sesame oil

Directions

- Place a large saucepan over medium heat. Heat the oil in it. sauté in it the garlic with ginger an pork for 8 min.
- Stir in the carrots, bean sprouts and cabbage and cook them for 4 min.
- Stir in the broth with soy sauce and sugar. Cook them until they start boiling.
- Turn the heat down and sit the miso into the soup with the sesame oil.
- Enjoy.

Servings per Recipe: 5

Timing Information:

Preparation	5 m
Total Time	20 m

Nutritional Information:

Calories	279.8
Fat	12.0g
Cholesterol	8.1mg
Sodium	1397.2mg
Carbohydrates	32.7g
Protein	12.4g

* Percent Daily Values are based on a 2,000 calorie diet.



Japanese Chicken Drumsticks with Barbecued Beans and Hot Slaw

Ingredients

- 8 chicken drumsticks or 1 1/2-2 lbs chicken drumsticks
- 1 tbsp olive oil
- 1/4 C. ponzu sauce, lime sauce
- 1 tbsp ketchup
- 1/2 C. honey
- 1/2-1 garlic clove, minced
- salt and pepper
- 3/4 C. ketchup
- 1/2 C. pure maple syrup
- 1/2 tbsp liquid smoke flavoring
- 1/2 tsp dry mustard
- 1/4 tsp garlic powder
- salt and pepper
- 1 C. onion, chopped
- 2 C. canned black-eyed peas, drained and rinsed
- cooking spray
- 1/2 head cabbage, cored
- 1 medium carrot
- 1 tbsp olive oil
- 2 tbsp rice vinegar
- Ingredients
- 2 tbsp pure maple syrup
- 1 tbsp sriracha sauce
- 1 tbsp lime juice
- 1/2 tsp ground ginger
- salt

Directions

- To make the chicken drumsticks:
- Before you do anything preheat the oven to 375 F. Lay the chicken drumsticks in a greased casserole dish.
- Get a small mixing bowl: Whisk in it the soy sauce, ketchup, honey, garlic, salt and pepper. Drizzle the mix all over the chicken drumsticks.
- Place the chicken pan in the oven and cook it for 30 min. Flip the chicken drumsticks and cook them for another 30 min.
- To make the barbecued beans:
- Place a heavy saucepan over medium heat: Stir in it the ketchup, pure maple syrup, smoke flavoring, mustard powder, garlic powder, salt and pepper. Cook them for 10 min.
- In the meantime, chop the onion and cook it in a greased pan for 6 min. Transfer the cooked onion with black eyed peas into the saucepan.
- Put on the lid and coo them until the bean becomes thick.
- Cut the carrot and cabbage into thin strips.
- To make the hot slaw:
- Grease a wok or a pan with a cooking spray. Cook in it the carrot and cabbage for 4 min.
- Get a small bowl: Whisk in it the olive oil, rice vinegar, pure maple syrup, Sriracha Hot Chili sauce, lime juice, ground ginger, salt and pepper to make the dressing.
- Drizzle the sauce all over the carrot and cabbage mix. Cook them for 3 min.
- Serve your chicken drumsticks warm with the barbecued beans and warm hot slaw.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	15 mins
Total Time	1 hr 15 mins

Nutritional Information:

Calories	746.4
Fat	20.5g
Cholesterol	118.2mg
Sodium	1063.7mg
Carbohydrates	109.2g
Protein	37.0g

* Percent Daily Values are based on a 2,000 calorie diet.

French Ramen Pan

Ingredients

- 2 (3 oz.) packages ramen noodles, any flavor
- 2 tbsp sour cream
- 1 (10 1/2 oz.) cans cream of mushroom soup
- 1/2 C. water
- 1/2 C. milk
- 1/4 C. onion, chopped
- 1/4 C. French's French fried onions
- 1/2 lb ground beef

Directions

- Before you do anything, preheat the oven to 375 F.
- Get a mixing bowl: Stir in it the crusted noodles, 1 packet of seasoning, sour cream, soup (undiluted) water, milk, and onion.
- Place a large pan over medium heat. Cook in it the beef for 8 min. Drain it and add it to the noodles mix. Stir them to coat.
- Pour the mix into a greased pan. Cook it in the oven for 22 min.
- Top the noodles pan with the fried onion and cook it for an extra 12 min in the oven.
- Top it with the cheese then serve it warm.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	20 m
Total Time	50 m

Nutritional Information:

Calories	540.8
Fat	29.1g
Cholesterol	61.2mg
Sodium	1928.8mg
Carbohydrates	45.9g
Protein	23.2g

* Percent Daily Values are based on a 2,000 calorie diet.

Japanese Chicken Soup

Ingredients

- 1 lb ground chicken or 1 lb pork
- 1/4 C. miso
- 1/4 C. sake
- 1/4 C. fresh ginger, grated
- 1 egg
- flour or starch, as needed
- green onion, chopped

Directions

- Get a small bowl: Whisk in it the miso with sake.
- Get a mixing bowl: Combine in it all the ingredients. Mix them well.
- Bring some nabe broth to a boil in a large saucepan. Drop the chicken mix using a tbsp into the hot broth and cook them until they are no longer pink.
- Serve your chicken meatballs soup warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	15 mins

Nutritional Information:

Calories	210.7
Fat	5.7g
Cholesterol	125.9mg
Sodium	733.6mg
Carbohydrates	6.3g
Protein	28.0g

* Percent Daily Values are based on a 2,000 calorie diet.



Mung Bang Noodles Skillet

Ingredients

- 1 lb lean ground beef, cooked
- 6 slices turkey bacon, chopped
- 2 (3 oz.) packages ramen noodles
- 3 garlic cloves, minced
- 1 medium red onion, diced
- 1 medium cabbage, chopped
- 3 carrots, cut into thin 1 inch strips
- 1 red bell pepper, cut into bite size pieces
- 2-4 tbsp light soy sauce
- 3 C. bean sprouts
- light soy sauce, to taste
- crushed red pepper flakes

Directions

- Place a large pan over medium heat.
- Cook in it the bacon until it becomes crisp. Drain it and place it aside. Keep about 2 tbsp of the bacon grease in the pan.
- Sauté in it the garlic with onion for 4 min. Stir in 2 tbsp of soy sauce and the carrots.
- Let them cook for 3 min. Stir in the bell pepper with cabbage and let them cook for an extra 7 min.
- Cook the noodles according to the manufacturer's directions. Drain it and stir it with a splash of olive oil.
- Stir the beef, bacon and crushed red pepper flakes into the skillet with the cooked veggies. Let them cook for 4 min while stirring often.
- Once the time is up, stir the bean sprouts and Ramen noodles into the veggies mix. Let them cook for an extra 3 min while stirring all the time.
- Serve your noodles skillet warm with some hot sauce.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	45 m
Total Time	1 Hr

Nutritional Information:

Calories	378.5
Fat	16.0g
Cholesterol	54.5mg
Sodium	1082.0mg
Carbohydrates	36.5g
Protein	23.9g

* Percent Daily Values are based on a 2,000 calorie diet.

Cucumber Salad in Japan

(キュウリのサラダ)

Ingredients

- 2 tbsps white sugar
- 2 tbsps rice vinegar
- 1 tsp Asian (toasted) sesame oil
- 1 tsp chili paste (sambal oelek)
- salt to taste
- 2 large cucumbers - peeled, seeded, and cut into 1/4-inch slices

Directions

- Get a bowl. Mix the following evenly: salt, sugar, chili paste, sesame oil, and rice vinegar.
- Combine with the wet mixture, your cucumbers, and set the salad to marinade for 35 mins on a countertop.
- Enjoy the salad at room temp.

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Servings per Recipe: 4

Timing Information:

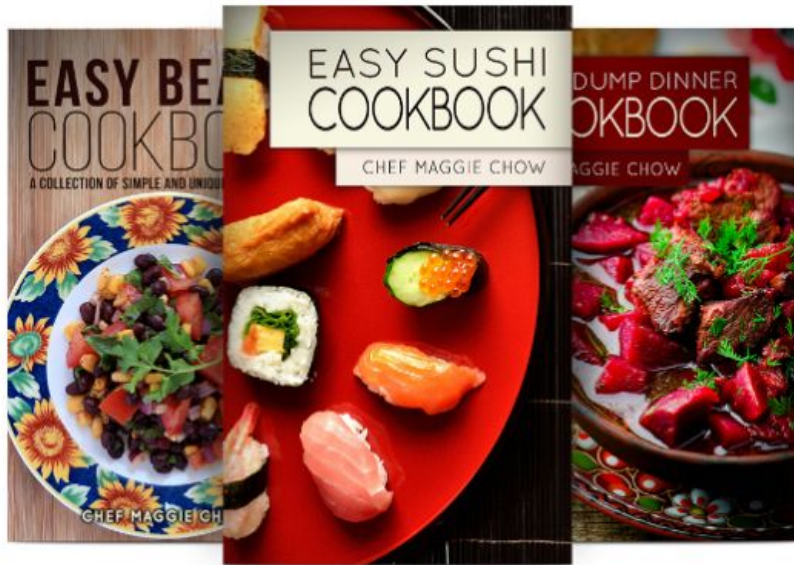
Preparation	Cooking	Total Time
15 mins		45 mins

Nutritional Information:

Calories	55 kcal
Carbohydrates	10.5 g
Cholesterol	0 mg
Fat	1.6 g
Fiber	1 g
Protein	0.8 g
Sodium	111 mg

* Percent Daily Values are based on a 2,000 calorie diet.

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