



HEALTHY RAMEN NOODLES

INGREDIENTS

- 1 Tbsp. vegetable oil
- 1 large onion, chopped*
- 1 red bell pepper, chopped*
- 1/2 head of broccoli, cut into florets*
- 6 oz. Ramen Noodles (discard seasoning packets)
- 1 egg**

Sauce

- 1/4 C soy sauce
- 1 Tbsp. brown sugar
- 1 Tbsp. apple cider vinegar
- 2 tsp sriracha
- 1 clove garlic, minced
- 1 scallion chopped (optional)

*You can use frozen vegetables as a substitute for fresh. Follow microwave instructions for frozen vegetables.

**You can add ground turkey or tofu for additional protein!

PREP TIME: 5 MINS

COOK TIME: 15 MINS

TOTAL TIME: 20 MINS

DIRECTIONS

1. In a large skillet over medium heat, heat oil. Add onions, peppers, and broccoli, and cook until tender, 5 minutes.
2. Make sauce: whisk together soy sauce, brown sugar, apple cider vinegar, Sriracha, and garlic
3. In medium saucepan, bring 4 cups of water to boil. Add Ramen noodles and cook until tenders, about 2 minutes. Make a well in the center of the pot and crack the egg into it. Allow the egg to poach in the water until the whites are solid, but the yolk is still a little runny. The water should not be boiling at this point or else your egg will dissolve into such small pieces that it will just give you cloudy broth.
4. Add cooked Ramen noodles and egg to skillet and pour over sauce. Toss until completely combined. Taste and season with salt and pepper if desired. Then garnish with scallions and serve.

Nutrition: 1 Serving: 351kcal, Total Fat 16.5g, Saturated Fat 5g, Sodium 1,100mg, Total Carbs 42g, Fiber 4g, Total Sugars 12g, Protein 10g

*These calculations are based off [verywellfit.com](https://www.verywellfit.com)

*Recipe modified from

<https://www.budgetbytes.com/quick-ramen-bowl/> and <https://whatsintheapan.com/ramen-noodles-stir-fry/>

Image Source: pexels.com/photo/noodle-soup-with-meat-and-vegetables-in-white-ceramic-bowl-4110421/