



## Whole Wheat Ramen Bowl

with Roasted Tomatoes, Onions & Corn



30-40min



4 Servings

The key to any delicious bowl of ramen is a great broth, and our secret is the holy trinity of Asian-inspired flavors: mirin (a type of rice wine similar to sake), tamari, and ginger round each other out to perfection. Add roasted tomatoes and sweet corn to tender whole wheat noodles and you've got dinner all in one bowl. Cook, relax, and enjoy!

## What we send

- fresh ginger
- yellow onion
- ears corn
- fresh cilantro
- mirin
- plum tomatoes
- 4 cloves garlic

## What you need

- coarse salt
- freshly ground black pepper
- olive oil

## Tools

- large pot
- rimmed baking sheet
- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

## Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 429.0kcal, Fat 10.9g, Proteins 11.6g, Carbs 76.8g



### 1. Prep ingredients

Preheat oven to 450°F. Bring a large pot of **salted water** to a boil. Slice each **tomato** lengthwise into 3 slices. Halve, peel, and thinly slice **onion**. Smash **garlic** then remove peel. Thinly slice ginger (without peeling).



### 2. Roast tomato & onion

Coat a rimmed baking sheet with **2 tablespoons oil**. Add **tomato** and **onion**. Drizzle onion with **1 tablespoon oil** and toss to coat. Season all with **½ teaspoon salt** and **a few grinds pepper**. Roast until tomato is soft and onion is golden brown, stirring onion occasionally, 25-30 minutes.



### 3. Make broth

Meanwhile, bring **ginger, garlic**, and **4¾ cups water** to a simmer in a medium saucepan. Simmer over low heat until fragrant and infused, about 15 minutes; remove from heat. Strain broth, discard **ginger** and **garlic**, and return **broth** to saucepan. Stir in **tamari** and **mirin** and keep covered until ready to serve.



### 4. Cook corn

Meanwhile, shuck **corn** if necessary and add to the large pot of boiling water. Return water to a boil, remove from heat, and cover. Keep covered until corn is bright yellow, about 5 minutes. Using tongs, remove corn from water, and return water to a boil.



### 5. Cook ramen

Add **ramen** to boiling water, return to a boil, and cook until tender and a little chewy, 1-1½ minutes. Drain, rinse under cold water, and drain again. Divide between four deep bowls. Pick **cilantro leaves** from stems.



### 6. Finish

When **corn** is cool enough to handle, cut **kernels** from the cob. Reheat **broth** if necessary then ladle over **ramen** and top with **corn kernels, roasted tomatoes**, and **roasted onions**. Garnish with **cilantro**. Enjoy!