

Ishikari nabe Hokkaido-style

Total time **30 mins** 20 mins preparation time 10 mins cooking time

Nutritional facts (per portion):
2,530 kJ / 605 kcal

Fat: **24 g** Protein: **33 g**
Carbohydrates: **61 g**

INGREDIENTS

4 portion(s)

400 g	salmon
2	potatoes
1	leek
300 g	cabbage
1	carrot
100 g	mixed mushrooms (oyster and shimeji mushrooms)
1	tin sweetcorn
2 tbsp	<u>Kikkoman Naturally Brewed Soy Sauce</u>
4 tbsp	<u>Kikkoman Mirin-Style Sweet Cooking Seasoning</u>
5 tbsp	miso paste
1 litre	water
20 g	butter
	Black pepper to taste
80 g	ramen noodles

PREPARATION

Step 1

400 g salmon - **2** potatoes - **1** leek - **300 g** cabbage - **1** carrot - **100 g** mixed mushrooms (oyster and shimeji mushrooms) - **1** tin sweetcorn
If the salmon skin still has scales attached, pour boiling water over it and remove any remaining scales. Cut the salmon into bite-sized pieces. Peel the potatoes and cut each into 8 wedges. Cut the cabbage into bite-sized pieces. Slice the carrot into thin ribbons using a vegetable peeler. Wash the leek thoroughly, making a lengthwise slit in the dark green part if necessary to remove any dirt, then slice diagonally. Separate the mushrooms into small clusters. Drain the sweetcorn.

Step 2

2 tbsp Kikkoman Naturally Brewed Soy Sauce - **4 tbsp** Kikkoman Mirin-Style Sweet Cooking Seasoning - **5 tbsp** miso paste - **1 litre** water
Broth:

Place the leek and potatoes from Step 1 in a large pot. Mix the miso paste with the Kikkoman Soy Sauce and Kikkoman Mirin-Style Sweet Seasoning until smooth, then add to the pot. Pour in the water, bring to the boil and cook until the potatoes are tender.

Step 3

20 g butter - Black pepper to taste
Add the salmon, cabbage, carrot, mushrooms and sweetcorn from Step 1 to the broth from Step 2. Simmer until the salmon is cooked through and the vegetables are tender. Stir in the butter until melted. Season with black pepper to taste.

Step 4**80 g** ramen noodles

Add the ramen noodles to the remaining broth.

Cook according to packet instructions and serve.