

# Sweet potato ramen with oyster mushrooms

Total time **25 mins** 10 mins preparation time 15 mins cooking time

Nutritional facts (per portion):  
**1,682 kJ / 403 kcal**

Fat: **13 g** Protein: **7 g**  
Carbohydrates: **64.2 g**

## INGREDIENTS

2 portion(s)

**350 g** sweet potatoes  
**120 g** parsnips (or parsley root or celeriac)  
**1** shallot  
**1** garlic clove  
**1 tbsp** [Kikkoman Toasted Sesame Oil](#)  
**300 ml** rice drink or oat drink  
**300 ml** water  
**2.5 tbsp** [Kikkoman Concentrated Ramen Noodle Soup Base - Shoyu \(Soy Sauce\) Flavour](#)

### Mushrooms:

**80 g** king oyster mushrooms  
**1 tbsp** [Kikkoman Toasted Sesame Oil](#)  
**0.25 tsp** [Kikkoman Concentrated Ramen Noodle Soup Base - Shoyu \(Soy Sauce\) Flavour](#)  
**1 tsp** [Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon](#)  
Freshly ground pepper to taste  
**0.25 bunch** parsley  
**Additional:**  
**2 tsp** [Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon](#)  
Freshly ground pepper to taste

## PREPARATION

### Step 1

**350 g** sweet potatoes - **120 g** parsnips (or parsley root or celeriac) - **1** shallot - **1** garlic clove - **1 tbsp** [Kikkoman Toasted Sesame Oil](#)  
Dice the sweet potatoes and parsnips. Peel and finely chop the shallot and garlic. Heat the Kikkoman Sesame Oil in a saucepan and gently sauté the shallot and garlic with the sweet potatoes and parsnips.

### Step 2

**300 ml** rice drink or oat drink - **300 ml** water - **2.5 tbsp** [Kikkoman Concentrated Ramen Noodle Soup Base - Shoyu \(Soy Sauce\) Flavour](#)  
Pour in the rice or oat drink and the water, add the Kikkoman Ramen Soup Base, bring to the boil and cook covered for about 15 minutes.

### Step 3

**80 g** king oyster mushrooms - **1 tbsp** [Kikkoman Toasted Sesame Oil](#) - **0.25 tsp** [Kikkoman Concentrated Ramen Noodle Soup Base - Shoyu \(Soy Sauce\) Flavour](#) - **1 tsp** [Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon](#) - Freshly ground pepper to taste - **0.25 bunch** parsley  
Cut the mushrooms into strips. Heat the Kikkoman Sesame Oil in a pan and fry the mushrooms for 3 minutes until golden. Season with the Kikkoman Ramen Soup Base, the Kikkoman Lemon Ponzu and pepper. Finely chop the parsley.

### Step 4

**2 tsp** [Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon](#) - Freshly ground pepper to taste - **3 pinch** ground nutmeg - Chilli flakes

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Chilli flakes

Blend the soup, then season with the Kikkoman Lemon Ponzu, pepper and nutmeg. Ladle into soup bowls or cups, top with the mushrooms, parsley and chilli flakes and serve.