

# Vegetarian creamy pear & beetroot ramen

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

Nutritional facts (per portion):  
**3,515 kJ / 840 kcal**

Fat: **39 g** Protein: **23.0 g**  
Carbohydrates: **95 g**

## INGREDIENTS

2 portion(s)

<b>400 ml</b>	water
<b>100 ml</b>	almond milk
<b>3 tbsp</b>	<a href="#">Kikkoman Concentrated Ramen Noodle Soup Base - Shoyu (Soy Sauce) Flavour</a>
<b>70 g</b>	shiitake mushrooms
<b>80 g</b>	ground cashews
<b>15 ml</b>	<a href="#">Kikkoman Naturally Brewed Soy Sauce</a>
<b>300 g</b>	udon noodles
<b>80 g</b>	pear
<b>60 g</b>	cooked beetroot
<b>20 g</b>	crushed macadamia nuts
<b>10 g</b>	toasted sunflower seeds
<b>30 g</b>	spring onions
	Chilli flakes, to taste

## PREPARATION

### Step 1

Cut the mushrooms into smaller pieces. Add them to a pot with the hot water and cook for 3 minutes. Vigorously whisk the ground cashews with the almond milk until smooth.

### Step 2

Add the Kikkoman Ramen Soup Base and the cashew–almond mixture to the pot with the mushrooms. Stir well and simmer over low heat for 3 minutes. Add the Kikkoman Soy Sauce and mix thoroughly.

### Step 3

Cook the noodles according to the packet instructions. Peel the pear and cut it into thin matchsticks, then cut the beetroot in the same way.

### Step 4

Divide the noodles between two bowls. Pour over the creamy broth, top with the pear and beetroot and garnish with the macadamia nuts and sunflower seeds. Finish with the spring onions and chilli flakes.