



Kare-Kare Ramen Recipe

Preparation Time	20
Cooking Time	20
Serving Size	4

Ingredients:

- 500 g pork, pata, sliced
- 2 liters water
- 2 packs DEL MONTE Quick 'n Easy Kare-Kare Mix (50g)
- 3 Tbsp KIKKOMAN Standard Grade Soy Sauce (100ml)
- 2 Tbsp sesame oil
- 200 g ramen, noodles, blanched
- 1 cup bok choy, sliced into half lengthwise and blanched
- 1/2 Tbsp sesame seeds

Preparation:

1. In a pot, boil pata slices and water until pork is tender.
2. Shred pata. Reserve then set aside stock to cool
3. Mix the cooled the pata stock with DEL MONTE Quick n Easy Kare-Kare Mix, Kikkoman Soy Sauce, and sesame oil. Let simmer.
4. To assemble: In a bowl, put ramen noodles and bok choy then top with shredded pata meat, and pour kare-kare ramen stock and sprinkle sesame seeds.

Chef's Tip

When adding the kare-kare mix, use a whisk to make sure there will be no lumps.

Lusog Notes

This recipe is high in protein that helps in growth and development. It is also a source of vitamin B1 and niacin. Vitamin B1 supports normal growth while niacin keeps the digestive and nervous systems healthy.

Cooking Skills Needed

- Blanching
- Sautéing
- Simmering
- Slicing
- Mincing

Cooking Tools

- Measuring Cups
- Strainer
- Chopping Board
- Measuring Spoon

- Pot