

# Semi-Homemade Light "Ramen" Bowl

Recipe By *Michal Frischman*



Cooking and Prep:  1  
h 20 m

Serves:  4

Contains:  

Preference: Meat

Difficulty: Medium

Diet: Low Carb

Source: Family Table by  
Mishpacha Magazine

Cuisines: Asian

For the days when I lack the foresight to put up a roasted bone broth 24 hours in advance, the days my husband's on a business trip and I want something more substantial than scrambled eggs for dinner, the days I'm feeling under the weather and want to nip it in the bud, and the days when I want a dinner that's light on calories but heavy on flavor. Sometimes those are all one day.

## Ingredients (13)

### Main ingredients

- 1 whole spaghetti squash
- salt, to taste
- pepper, to taste
- 2 cloves garlic, crushed or 2 cubes **Gefen Frozen Garlic**
- 2 cubes **Gefen Frozen Ginger** (optional)

- 6 scallions, sliced, whites and greens separated
  - 1 (32-oz./900-g.) box Imagine Ramen Broth
  - 2 cups water
  - 2 tablespoons Gefen Soy Sauce
  - 1 tablespoon mirin
  - 2 packages enoki mushrooms, bottom inch cut off, or 8 ounces (225 grams) sliced cremini mushroom
  - 4 (4-oz./110-g.) chicken breasts
  - 2 baby bok choy, cleaned and leaves separated
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## Start Cooking

### Roast the Spaghetti Squash

1. Preheat oven to 350 degrees Fahrenheit (180 degrees Celsius).
2. Slice the spaghetti squash in half lengthwise and spray with cooking spray.
3. Season lightly with salt and pepper.
4. Place on a Gefen Easy Baking Parchment-covered baking sheet and bake, cut side down, for 45 minutes or until fork tender.
5. Scrape the strings into a bowl and set aside. (This can be done up to three days in advance and kept in the fridge.)

#### Variation:

Not into spaghetti squash? Spiralized zucchini or sweet potato works great too. Blanch in boiling water or sauté in the same pan you've cooked everything else in.

### Prepare the Broth

1. Set a medium saucepan over medium heat. Spray with cooking spray and sauté crushed garlic and ginger until fragrant.
2. Add scallion whites and cook another five minutes until softened.
3. Pour in broth, water, soy sauce, and mirin, and bring to a light boil.

## Prepare the Chicken, Bok Choy, and Mushrooms

1. Meanwhile, season chicken with salt and pepper. Spray a large frying pan, and cook chicken for four to five minutes per side, then slice thinly.
2. Remove from the pan and spray again.
3. Cook the bok choy, covered, for three minutes, to soften stems, then uncovered for an additional minute.
4. Remove from pan and sauté enoki mushrooms for one minute. (If using cremini mushrooms, sauté for five to six minutes until browned.)

## Assemble

1. Divide spaghetti squash, chicken, bok choy, and mushrooms among four large bowls.
2. Ladle in the seasoned broth and add scallion greens.

## Credits

Photography: Hudi Greenberger

Food Styling: Janine Kalesis