

Cool Summer Vegetable Ramen

with Fresh Ramen Noodles & Amaranth Leaves

In Japan, cool, brothless ramen dishes are their own delicious institution. They're most often enjoyed in summer, and they feature fresh, tender ramen noodles served under an array of seasonal vegetables. In our version, we're topping the noodles with beautiful cherry tomatoes (yours may vary in hue from yellow and gold to orange and red), juicy cucumber, green or yellow summer beans and mild, flavorful spices. And for a gorgeous, earthy flourish, we're adding amaranth leaves—the purple-dappled greens of an ancient plant, cultivated as both a grain and a vegetable.



Ingredients

- 12 Ounces Fresh Ramen Noodles
- 6 Ounces Summer Beans
- 2 Scallions
- 1 Ear Of Corn
- 1 Persian Cucumber
- 1 Ounce Amaranth Leaves
- ¼ Pound Multicolored Cherry Tomatoes

Knick Knacks

- 2 Tablespoons Ponzu Sauce
- 2 Tablespoons Rice Vinegar
- 1 Tablespoon Sesame Oil
- 1 Teaspoon Summer Ramen Spice Blend
(Togarashi, Black Sesame Seeds, White Sesame Seeds & Dried Orange Peel)

Makes 2 Servings

About 660 Calories Per Serving

Prep Time: 15 min | Cook Time: 15 to 25 min

1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Cut off and discard the stem ends of the beans; halve on an angle. Cut off and discard the root ends of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Remove and discard the husks and silks of the corn. Cut the corn kernels off the cob; discard the cob. Pick the amaranth leaves off the stems; discard the stems. Halve the tomatoes. Cut off and discard the ends of the cucumber. Halve the cucumber lengthwise; using a spoon, scoop out and discard the seeds. Cut the cucumber lengthwise into thin strips; toss with $\frac{1}{4}$ of the vinegar.

2



Make the sauce:

In a small bowl, whisk together the **ponzu sauce**, **sesame oil** and **remaining vinegar** until well combined.

3



Blanch & dress the beans:

Add the **beans** to the pot of boiling water. Cook 3 to 4 minutes, or until tender. Using a slotted spoon or strainer, remove the cooked beans from the pot, leaving the water boiling on the stove. Rinse the cooked beans under cold water for 30 seconds to 1 minute to stop the cooking process. In a medium bowl, toss the blanched beans with a **splash of the sauce** and a **pinch of the spice blend**; season with salt and pepper to taste.

4



Cook the noodles:

Using your hands, carefully separate the strands of the **noodles**. Add the noodles to the pot of boiling water used to cook the beans. Cook, stirring occasionally, for exactly 90 seconds, until tender. Drain thoroughly and rinse under cold water to stop the cooking process. Rinse and dry the pot.

5



Cook the corn:

In the pot used to cook the noodles, heat 2 teaspoons of oil on medium-high until hot. Add the **corn**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until lightly browned. Add the **white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until softened and fragrant.

6



Plate your dish:

Divide the **cooked noodles** and **remaining sauce** between 2 dishes; toss to coat and season with salt and pepper to taste. Top with the **cooked corn**, **dressed beans**, **marinated cucumber**, **tomatoes** and **amaranth leaves**. Garnish with the **green tops of the scallions** and **remaining spice blend**. Enjoy!