



KCAL*
370

NUTRITIONAL INFORMATION (by ration)

20,8	Protein
39,1	Carbs
13,5	Total fat
2,4	Saturated fat
7,6	Monounsaturated fat
2,1	Polyunsaturated fat
0,17	Cholesterol
4,7	Fiber
0,43	Sodium

ALLERGENS
gluten, shellfish, sulphites

* Kcal by ration



60'



4 PAX



DIFFICULTY
LOW



LACTOSE FREE



MEDITERRANEAN RAMEN WITH SPICED SHRIMP

PONS

USE:



PONS SELECCIÓN FAMILIAR
EVOO Arbequina



PONS TABASCO®
EVOO with Tabasco®



PONS APPLE VINEGAR
Apple Vinegar

PAIR:



SISQUELLA
White wine



FLOCS ROSÉ
Cava Brut Rosé

INGREDIENTS

For the broth:

- 12 Shrimp heads (nº3 - 30 to 40 pieces/kg)
- 1/2 Small cut onion
- 2 Cloves of garlic
- 2 Shiitake (or button) mushrooms
- 5 ml Soy sauce
- 15 ml Pons Selección Familiar Traditional
- 1.5 l Water

Ramen ingredients:

- 12 Shrimp tails
- 1/2 Small onion, julienne cut
- 2 Shiitake (or button) mushrooms
- 100 g Cabbage
- 200 g Noodles (long wheat ramen noodles)
- 2 Chicken eggs
- 15 ml Pons Selección Familiar Traditional
- 100 g Fresh spinach
- 5 ml Pons Tabasco Oil
- 2 ml Pons Apple Vinegar
- Salt
- Pepper

UTENSILS



Cooking pot



Chinese colander



Knife

🔥 Low heat

ELABORATION

For the broth:

- Sauté the garlic, onion and shrimp heads in Pons Traditional Family Selection Oil and when the mixture begins to brown, crush the shrimp heads and add the soy sauce. 🔥
- Reduce the mixture for 2 minutes and add the water and sliced mushrooms.
- When the broth has reduced to one litre, strain and set aside.

For the ramen:

- Boil the eggs for 7 minutes in water. Cool in water and ice; peel and set aside.
- Sauté the onion in the Pons Traditional Family Selection Oil until soft and colourless.
- Add the ramen broth, julienne cabbage and sliced mushrooms.
- Let boil for 15 minutes on low heat.
- Add the shrimp tails and let boil for 2 minutes on low heat.
- Add the spinach and turn off the heat.

Serving:

- Salt and pepper the ramen to taste, if necessary.
- Split the ramen into 4 bowls, trying to present the ingredients harmoniously.
- Cut the eggs in half and add half an egg to each bowl.
- Sprinkle the eggs with a few drops of Pons Apple Vinegar.
- Drizzle the ramen with Pons Tabasco Oil.