

# Shoyu Pork Ramen

*Recipe makes 6 meals*

## Ingredients

- 1.5 lb Pork Tenderloin\*
- 24 oz Bamboo Shoots, drained
- 12 oz Maruchan Ramen Noodles, dry (four packs)
- 12 cups Unsalted Chicken Broth
- 1/2 cup Less Sodium Soy Sauce
- 3 Garlic Cloves, grated
- 2 Ramen Seasoning Packets (from the Maruchan Ramen Noodle packs)
- 2 packs Seaweed, sliced
- 1-2 bundles Green Onions, chopped
- 1 Tbsp Rice Vinegar
- 1 tsp Ginger, fresh, grated
- 1 tsp Sesame Oil
- Salt and Pepper to taste

\*See notes



## Nutrition Profile

*- per meal -*

**Calories - 451**

**Fat - 17g**

**Carbohydrates - 45g**

**Protein - 31g**

**\*Fiber - 3g**

**Estimated Cost  
Per Meal**

**\$3.27**

   @zachcoen

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# Instructions

**1. Start by preheating your oven to 425°F or to the temperature listed on your pork tenderloin package. When your oven is ready, cook your tenderloin according to the directions on the package.**

**2. While your pork is cooking, place a large pot over medium-high heat and add in 12 cups of broth, 2 ramen seasoning packets, your grated garlic cloves, grated ginger, 1/2 cup soy sauce, 1 Tbsp rice vinegar, and 1 tsp sesame oil. Mix and bring to a slow boil.**

**3. Once your broth starts boiling, add in your ramen noodles, and boil for 2-3 minutes or until al dente. When done, remove them from the broth and set aside.**

**4. Reduce the heat on your broth to medium-low and add in your drained bamboo shoots. Cover and let this continue to simmer while your pork is cooking.**

**5. When your pork is done cooking, slice into equal servings and set aside.**

**6. Remove the bamboo shoots from your broth and set them aside. Taste the broth and add salt and pepper to preference. Adjust seasonings here to taste.**

**7. Once everything is done, if storing for meal prep, in your meal container, portion out your noodles, sliced pork, green onions, bamboo shoots, and sliced seaweed. In a separate container, portion out your broth.**

**8. Each day when you are ready to eat a portion, simply pour your broth into the meal container with the rest of your ramen ingredients, reheat in the microwave, and enjoy!**



# Notes

- **\* The pork tenderloin used was Smithfield Slow Roasted Golden Rotisserie flavor. You can use whatever flavor you prefer, but the calories may differ slightly.**
- **As with all types of ramen, what you add to it is entirely up to you. You can swap out any of the ingredients and replace with things like shredded carrots, corn, or pretty much any vegetable of your choosing. Bamboo shoots may not be available for some individuals, so carrots make a nice swap for a similar texture.**
- **To increase the protein and aesthetics of your meal, you can add a soft boiled egg.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**