

Hiyashi Chuka—Low-Carb Cold Ramen

When living in Japan, this dish always showed up on summer menus. It's cool and refreshing—and often served with a few ice chips on top.

What's especially exciting is the use of low carb noodles made from Konjac, a low-calorie gelatinous food also known as Devil's Tongue. This plant substance is extremely versatile and very low in calories, and with many health-promoting traits, lowering blood sugar and bad cholesterol, while improving digestive health and promoting weight loss.

What's not to love!?

I love using noodles made from Konjac to replace pasta in my favorite noodle dishes. Pasta dishes are all about its toppings anyway, and this is a great way to enjoy a relatively high-carb food without feeling deprived at all. Enjoy.



Ingredients for 2 Servings

Noodles

2 pouches (drained weight 8 oz.) Shirataki noodles (aka konjac or Japanese Jam noodles) or regular ramen or soba noodles, if you're happy with carbs

Sesame Noodle Dressing

*1/2 cup chicken broth
3 tbsp nerigoma (white sesame paste)
3 tbsp soy sauce
1 tbsp sugar
2 tbsp rice vinegar
2 tsp toasted sesame oil
1 tsp grated ginger*

Noodle Toppings—use what's on hand

*chicken shredded
cold cooked shelled shrimp
cucumber julienned
kinshi tamago (shredded egg crepe or hardboiled egg, halved))
tomato quartered or sliced
spring onions
sprouts
pickled ginger
sesame seeds, optional*

Preparation

- ★ Prep your topping ingredients.
- ★ In a bowl, combine all dressing ingredients and set aside
- ★ Cook noodles according to package direction; drain and rinse in cold or ice water.
- ★ In a deep plate or wide bowl, layer the noodles on the bottom, then top with all of the toppings.
- ★ Serve with the dressing and top with sesame seeds. Enjoy!