

GARLIC SNAP PEAS WITH RAMEN



THE VEGUCATION STATION

ELEVATE YOUR RAMEN WITH A QUICK SNAP PEA STIR FRY!

Lightly sautéed, peas become so savory & are packed with protein.

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INGREDIENTS

- 1 PACKAGE INSTANT RAMEN
- 1 PINT / .5 LB SUGAR SNAP PEAS
- .5 - 1 HEAD GARLIC
- COOKING OIL
- SALT
- SOY SAUCE / TAMARI
- TOASTED SESAME OIL
- 1 EGG, SOFT-BOILED (6-6.5 MIN)
- SCALLIONS
- SESAME SEEDS
- CHILI OIL



STEPS

- Put water to boil for ramen. I prefer this dish on the creamier side with less broth, so I don't add much water. Make to your liking and aim to finish cooking same time as peas.
- Heat a pan or wok on medium-high with oil.
- Prep your snap peas by pulling the stem end off, taking the tougher string off with it. Toss peas into pan & cook 2-3 min.
- Roughly mince your garlic and add to peas when they are starting to brown and brighten up. Cook 2-3 minutes, just enough to crisp the garlic, not burn it.
- Add in a pinch of salt, splash of tamari, and splash of toasted sesame oil, toss to coat and cook 1-2 minutes and remove from heat.
- Put your ramen in a bowl, add your snap peas on top on one side, and cut your soft-boiled egg in half to place on the other side. Serve with a sprinkle of sesame seeds, scallions, and a drizzle of chili oil. Enjoy!



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