






 **74%**  
HEALTH SCORE

# Ramen with Ginger Roasted Squash and Crispy Pork Belly

 Very Healthy

READY IN  
  
**270 min.**

SERVINGS  
  
**6**

CALORIES  
  
**1973 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons butter cut into pieces
- 1.3 lbs butternut squash peeled
- 1 large carrots chopped
- 3 pounds chicken
- 0.5 ounce shiitake mushrooms dried
- 6 large garlic clove divided crushed
- 5 ginger fresh

- 3 spring onion cut into 2-in. slivers
- 1 piece kombu dried ( seaweed)
- 2 teaspoons kosher salt
- 1 lemon grass with a mallet and cut into 3-in. pieces smashed
- 3 qts chicken broth divided reduced-sodium
- 3.5 cups mung bean sprouts
- 6 servings soup noodles
- 1 large onion chopped
- 2 tablespoons pickled ginger chopped
- 3 pounds baby back ribs (cut apart between bones)
- 1.3 pounds pork belly skinless thick (ask a butcher to do this)
- 6 servings pork belly
- 1.5 cups rice wine divided
- 2 tablespoons soya sauce
- 6 servings baby squash
- 2 tablespoons sugar
- 2 tablespoons vegetable oil
- 1 qt watercress packed
- 0.3 cup miso white (shiro)
- 18 oz pasta dried fresh thin (or use 13 oz.)

## Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- ladle
- oven
- whisk

- pot
- broiler
- stove

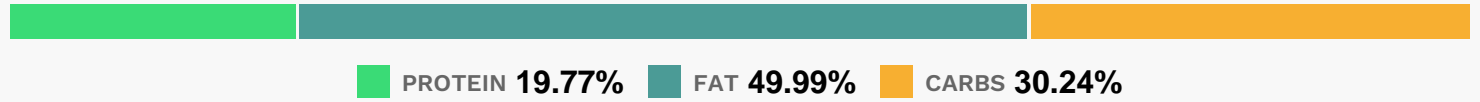
## Directions

- Make broth and pork belly: Preheat oven to 45
- Put pork ribs and chicken on a rimmed baking sheet. Roast, turning occasionally, until well browned, 20 to 30 minutes. Meanwhile, cook carrot, onion, and half the garlic with oil in a large pot over medium-high heat, stirring often, until browned, 10 to 15 minutes.
- Add shiitakes, roasted meat, and all but 1 cup broth to pot. Discard fat from pan used for meat, add remaining cup of broth, and heat on stove, stirring, to loosen browned bits; pour into pot. Cover and bring to a boil over high heat, then reduce heat and simmer until meat is falling off the bones, about 3 hours.
- Meanwhile, cut pork belly into pieces, each about 1 1/2 by 2 in. Put in a large saucepan with 3 cups water, 1 cup sake, the salt, sugar, soy sauce, ginger, lemongrass, and remaining garlic. Cover and bring to a boil over high heat, then reduce heat and simmer until very tender when pierced, 1 1/2 to 2 hours.
- Drain, discarding seasonings.
- Preheat broiler with rack set 3 in. from heat. Put pork belly fat side up on a rimmed baking sheet. Broil until well browned, 3 to 5 minutes.
- Transfer to a board and slice crosswise 1/2 in. thick.
- Strain broth from step 2 (discard solids), skim and discard fat. Wipe pot clean; return broth.
- Add kombu and heat until bubbles appear.
- Remove from heat; let stand 10 minutes. Discard kombu.
- Whisk in remaining sake and the miso. Set broth aside.
- Prepare squash: Preheat oven to 42
- Toss ingredients in a 9- by 13-in. pan and bake, turning occasionally, until squash is browned and tender, 30 to 35 minutes.
- Heat a pot of water to boiling and cook noodles until just tender, 2 to 3 minutes. If needed, reheat miso broth until steaming; warm pork and squash in oven. Arrange a handful of bean sprouts in each of 6 large, deep bowls.

Add noodles. Ladle broth over them, then arrange pork, squash, watercress, and green onions on top.

\*Look for sustainably raised pork ribs and belly at stores like Whole Foods Market. You may need to special-order the pork belly from your butcher. Find kombu and jarred pickled ginger in the Asian foods aisle and miso with refrigerated foods.

## Nutrition Facts



### Properties

Glycemic Index:72.65, Glycemic Load:22.97, Inflammation Score:-10, Nutrition Score:69.354347850965%

### Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 36.81mg, Kaempferol: 36.81mg, Kaempferol: 36.81mg, Kaempferol: 36.81mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 53.19mg, Quercetin: 53.19mg, Quercetin: 53.19mg, Quercetin: 53.19mg

### Nutrients (% of daily need)

Calories: 1972.98kcal (98.65%), Fat: 108.14g (166.38%), Saturated Fat: 37.2g (232.5%), Carbohydrates: 147.21g (49.07%), Net Carbohydrates: 139.49g (50.72%), Sugar: 13.88g (15.42%), Cholesterol: 263.56mg (87.85%), Sodium: 2039.78mg (88.69%), Alcohol: 9.66g (100%), Alcohol %: 0.85% (100%), Protein: 96.21g (192.42%), Vitamin K: 443.53µg (422.41%), Vitamin A: 17583.69IU (351.67%), Selenium: 170.96µg (244.23%), Manganese: 4.18mg (208.92%), Vitamin B3: 36.5mg (182.49%), Vitamin B1: 1.93mg (128.63%), Vitamin C: 103.21mg (125.11%), Phosphorus: 1176.78mg (117.68%), Vitamin B6: 2mg (100%), Vitamin B2: 1.49mg (87.59%), Copper: 1.56mg (77.75%), Magnesium: 309.35mg (77.34%), Potassium: 2652.93mg (75.8%), Zinc: 10.65mg (70.98%), Iron: 9.85mg (54.74%), Vitamin B5: 5.29mg (52.94%), Vitamin B12: 2.48µg (41.38%), Folate: 163.87µg (40.97%), Calcium: 404.13mg (40.41%), Vitamin E: 4.77mg (31.82%), Fiber: 7.72g (30.89%), Vitamin D: 1.88µg (12.54%)