

RECIPE OF THE WEEK

Ideal Protein Noodles – Ramen Style

Ingredients

- 1 Ideal Protein Konjac Noodles
- 32 oz. beef broth
- Chili garlic sauce (if like spicy)
- Freshly diced jalapenos
- Petite Sirloin – cut into fine and thin strips
- 1 egg
- Bean sprouts
- Green onions
- Cilantro



Preparation

1. Open Ideal Protein Konjac Noodles and boil for 5 minutes
2. Now, put the noodles into a hot frying pan with olive oil and seasonings
3. Fry until noodles are brown a little crispy
4. Pour the beef broth into a stockpot and boil
5. Meanwhile, fry your egg in a small frying pan
6. Dip the sirloin piece by piece into boiling broth
7. Stir until all of the beef slices are properly cooked. The hot broth should cook it in under two minutes
8. Get your bowl ready with noodles, veggies, and chili paste and pour the preferred amount of broth over your ingredients
9. Add egg over it and ENJOY!

