

Pediatrics

Coconut Curry Ramen



If prepping ahead of the cook along will help you go at your own pace and engage in the discussion, here are some suggestions:

Equipment List:

- Chef's knife & cutting board
- Prep bowls & scrap bowl
- Measuring spoons
- Liquid and dry measuring cups
- Can opener
- Vegetable peeler
- Large skillet or pot
- Wooden spoon or rubber spatula
- Tongs
- Ladle

Prep Ahead:

- Dice onion
- Cut carrots
- Thinly slice bell peppers
- Peel & mince garlic & ginger

Pediatrics



Culinary Skills & Techniques:

- Involving kids in the kitchen
- Stir fry technique to increase vegetable intake
- Balancing flavors: sweet, savory, fat, acid, umami
- Cooking with fresh and/or frozen greens

Nutrition Concepts:

- Nutrition additions: using vegetables to bump up the nutrition profile of processed foods
- Key nutrients for children, such as calcium for bone health
- Impact of manufactured sugar, salt, big flavors on young palates
- Challenges families face finding time and resources for nutritious, home-cooked meals

Coconut Curry Ramen

Serves 8



Ingredients:

- 2 tablespoons vegetable oil
- 1 onion, small diced
- 3 medium carrots, peeled & cut into half moons
- 2 bell peppers, any color, cut into matchsticks
- 2 packed cups fresh (or frozen) collard or kale greens, stems thinly sliced & leaves cut or torn into bite-size pieces
- 6 garlic cloves, minced
- 3 tablespoons peeled and minced ginger, about a 2-inch piece
- 2 tablespoons curry powder
- 1 teaspoon salt
- 1 14-ounce can full-fat coconut milk
- 1 14-ounce can light coconut milk
- 4 cups low-sodium vegetable stock
- 4 cups water, divided
- 4 blocks (12 ounces) instant ramen noodles, flavor packets discarded
- Juice of 1 large lime
- Optional garnishes: 1 small bunch cilantro, roughly chopped & 2 limes, sliced into wedges

Instructions:

1. Heat vegetable oil in a skillet or a stockpot over medium heat. Add the onion, carrots, bell peppers, and fresh greens, stems and leaves (if using). Sauté until vegetables begin to soften, about 5 minutes.
2. Stir in garlic, ginger, curry powder, and salt. Sauté until fragrant, about 1-2 minutes.
3. Pour in the coconut milk, vegetable stock, and 2 cups of water, stirring well to combine. Bring to a gentle boil and then lower the heat to a simmer. Continue to cook, stirring frequently, to dissolve and distribute the curry powder into the liquid. As the curry continues to simmer, it's optional to add the remaining 2 cups of water (recommended to do so in 1-cup increments) for a thinner, more broth-like consistency.
4. Add noodles (and frozen greens, if using) and continue to cook at a simmer until the noodles are soft (and frozen greens are heated through), about 3-4 minutes.
5. Garnish individual servings with optional cilantro and season with lime juice wedges for more brightness and acidity. Serve hot and enjoy immediately, or store in the refrigerator to keep for up to three days.

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Nutrition Facts		
Serving Size	1 × 8 Serving	
Amount Per Serving		
Calories	266.5	
	% Daily Value*	
Total Fat	17.5 g	22 %
Saturated Fat	11.6 g	58 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	418 mg	18 %
Total Carbohydrate	25.9 g	9 %
Dietary Fiber	4.9 g	18 %
Total Sugars	6.1 g	
Added Sugars	0.4 g	1 %
Protein	5.6 g	
Vitamin D	0 mcg	0 %
Calcium	101.7 mg	8 %
Iron	1.6 mg	9 %
Potassium	514.6 mg	11 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		</>