

# rasta ramen bowl

mango sago

TAKOMA PARK MIDDLE SCHOOL | LUNCH

## ingredients

2 large eggs  
8 oz (dry) jade pearl rice ramen  
1 tbsp olive oil  
8 oz chicken breast  
2-1/2 cups (20 fl oz) reduced sodium chicken broth  
1 cup fresh spinach  
1 cup low sodium red kidney beans  
1 cup frozen carrots  
1 cup frozen corn  
1/2 cup (4 oz) canned coconut milk  
1-1/3 tbsp jerk seasoning blend

### jerk seasoning blend

1-1/2 tsp onion powder  
1-1/2 tsp garlic powder  
1 tsp ground ginger  
1 tsp whole type leaf  
1 tsp paprika  
1/2 tsp cayenne pepper  
1/2 tsp allspice  
1/4 tsp ground nutmeg  
1/4 tsp ground white pepper  
1/4 tsp cinnamon  
1/4 tsp sea salt

## preparation

Place eggs in large saucepan covered with cold water. Bring to boil. When it boils, turn off heat, cover with lid for 6 minutes, remove from heat. Set aside for 8-10 minutes. (put in cold water to stop the cooking process. Drain. Cool before peeling and halving.

Bring water to boil. Stir in noodles until loose (about 7 minutes). Drain prior to serving with other ingredients and broth.

Heat olive oil in skillet. Add chicken. Add 1 tablespoon of jerk seasoning. . Saute until golden brown. Check temperature to read 165 degrees.

Cut spinach with a medium chiffonade. Add to mixture just prior to serving.

Heat broth over medium high heat.

Drain beans. Add beans, carrots, corn, coconut milk and 1 teaspoon of jerk seasoning while broth is heating.

Add Ramen and Chicken to broth mixture.

Place one half of the egg on top of each serving.

Makes 4 servings.

### serve with mango sago

In a small saucepan, bring about 2 cups of water to a boil. Add 1/4 cup small tapioca pearls, turn down to medium for 10-15 minutes (until translucent). Drain with strainer with very small holes, rinse with cold water, and refrigerate until needed.

In a blender or food processor, blend 3 cups mango, 1/3 cup oat milk, 2/3 cup coconut water, 1/2 tsp. vanilla, and 1 tbsp. agave syrup together until smooth.

Spoon Tapioca pearls into the bottom of each serving dish. Top with blended mango mixture. Chill in the refrigerator before serving. It will be the consistency of smoothie, not firm like tapioca pudding.