

Helergon Kitchen

Creamy Garlic Chicken Ramen

15 min Prep time	**15 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Japanese-American Fusion** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, thinly sliced
- [ ] 3 cloves garlic, minced
- [ ] 2 tbsp olive oil
- [ ] 4 cups low-sodium chicken broth
- [ ] 1 cup heavy cream
- [ ] 2 tbsp soy sauce
- [ ] 8 oz ramen noodles
- [ ] 2 green onions, sliced for garnish

Optional Toppings

- [ ] Soft boiled egg, halved
- [ ] Sesame seeds
- [ ] Fresh cilantro leaves

Instructions

1. Heat olive oil in a large pot over medium-high heat; add the chicken slices and sear until just pink, about 2-3 minutes. Remove and set aside.
2. In the same pot, lower the heat and add minced garlic. Cook until fragrant and golden, about 30 seconds, then pour in the chicken broth, scraping up any browned bits.
3. Stir in soy sauce and bring the broth to a gentle simmer. Add the ramen noodles and cook according to package instructions, usually 3-4 minutes.
4. Return the chicken to the pot, pour in the heavy cream, and gently stir until the broth is velvety. Heat just until everything is warm; avoid a rolling boil.
5. Ladle the ramen into bowls, garnish with sliced green onions, and, if desired, add a soft boiled egg, sesame seeds, or cilantro.

Nutrition per serving

420 kcal	30 g	38 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- For an even richer broth, finish with a drizzle of toasted sesame oil.
- If the sauce looks too thick, thin with a splash of extra broth or water.
- Taste before serving; a little extra soy sauce can brighten the flavor.