



## Simple Cooking Series #2 Creamy Chicken Ramen



**Serve:**  
with salad  
as a side dish or entree  
with extra meat of your choice

Use soup, mushroom  
and vegetables without  
the noodles to make a  
hearty stew

Extra meat will increase protein, an important nutrient for  
staying strong and healthy

- Ingredients:**
- \* 1 packet ramen noodles (without seasoning)
  - \* 1 can mushrooms, drained
  - \* 1 can cream of chicken soup
  - \* Frozen vegetables (peas, corn, carrot etc)
  - \* 2 cups water

- Steps:**
1. Cook noodles according to packet directions and drain
  2. Heat soup and mushrooms over medium heat on stovetop (or in a microwave)
  3. Add in frozen veggies and stir until heated
  4. Add noodles to the soup and mushrooms.
  5. That's it! Enjoy!

### Tips and Money Savers

- Add lots of frozen veggies like peas, corn and carrot or broccoli for an extra healthy boost to your meal
- When cooking ramen noodles normally, swap seasoning packet for a pinch of salt, pepper and mixed herbs to reduce your salt intake. Using reduced salt stock is also a good option for people watching their salt intake
- You can use any type of pasta or noodles for this dish
  - The more veggies you add, the more serves you can stretch out of this dish
- Buying frozen vegetables in bulk is cheaper than buying the small portioned microwave bags

*This document has been prepared by the Community Partnerships Unit, South Eastern Sydney Local District (SESLHD).*

*If you have any comments or questions, please contact us at: [SESLHD-YourVoice@health.nsw.gov.au](mailto:SESLHD-YourVoice@health.nsw.gov.au)*