

Spiralized vegetables for Ramen

Today we will be making ramen: a hearty and filling Japanese noodle soup.

There are thousands of variations of ramen.

Each team will be preparing a range of add-ins, which will be neatly presented on a platter to be added into individual ramen bowls at the table.

Equipment:	Ingredients
Spiralizer	1 length of Diacon radish
Sharp knife	2 cups water
Chopping board and mat	2 teaspoons salt
Metal bowls	Carrots
Colander	Spring onions
serving plates: 1 for each table	Other seasonal vegetables as available
	2 tablespoons oil

Method:

Remember to clean up your workstation as you go

1. Using a spiralizer, spiralize the daikon radish. Cut the spirals into manageable lengths. Soak the radish in the bowl of water, with the salt.
2. Spiralize and cut the carrots in the same way as the daikon radish. Divide into neat piles across the serving plates.
3. Using the knife, remove 4cm of the root end of the **Spring onion**. Put it aside. This can be planted in the garden later. (This may already have been done for you.).
4. Cut the rest of the Spring onion diagonally into 1cm slices. Make a neat pile on the plates next to the other vegetables.
5. Thinly slice the other seasonal vegetables.
6. Drain the radish and pat dry with a clean tea towel. Distribute next to the other vegetables.
7. Put tongs on each plate for serving.

