

Plate Dream

Creamy Garlic Chicken Ramen – Easy Dinner Recipe

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Japanese-American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken thighs, bone-in, skinless, cut into bite-size pieces
- [ ] 4 cloves garlic, minced
- [ ] 2 tbsp vegetable oil
- [ ] 4 cups low-sodium chicken broth
- [ ] 1 cup heavy cream
- [ ] 2 packs fresh ramen noodles (or 8 oz dried)
- [ ] 2 tbsp soy sauce
- [ ] 1 tsp sesame oil
- [ ] 2 green onions, sliced for garnish
- [ ] 1 tsp toasted sesame seeds (optional)

For the Finish

- [ ] A pinch of freshly ground black pepper
- [ ] A drizzle of extra-virgin olive oil

Instructions

1. Pat the chicken pieces dry, then season lightly with pepper. Heat oil in a large pot over medium-high heat, and sear the chicken until golden on all sides, about 4-5 minutes.
2. Add the minced garlic to the pot, stirring quickly so it releases fragrance without burning—uh, oops, watch the heat.
3. Pour in the chicken broth and soy sauce, scraping up any browned bits. Bring to a gentle simmer and let the flavors meld for 8 minutes.
4. Stir in the heavy cream and sesame oil, lowering the heat to keep the broth from boiling. Add the ramen noodles and cook until just tender, about 3-4 minutes.
5. Taste and adjust seasoning, then ladle the ramen into bowls. Garnish with sliced green onions and a sprinkle of sesame seeds. Serve hot and enjoy the comforting warmth.

Nutrition per serving

420 kcal	28 g	35 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using dried noodles, rinse briefly under hot water after cooking to stop the cooking process.
- For extra depth, add a splash of mirin or a touch of honey to balance the savory notes.
- Feel free to toss in a handful of baby spinach at the end for a pop of green.