

Japanese Meatball & Ramen Noodle Bowls

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-bread-crumbs-recipe>

Ingredients:

- 1 acorn squash small
- 2 tablespoons olive oil
- 1 1/2 pounds ramen noodles whole-grain
- 1/2 pound bok choy
- 1 1/8 pounds ground pork
- 1 sheet nori crumbled or finely chopped, the black stuff used to roll up sushi
- 1/4 cup breadcrumbs whole-wheat
- 3 green onions diced, white and green parts divided
- 1 inch ginger piece of, peeled and minced, divided
- 1 teaspoon sesame seeds white, regular
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon olive oil
- 1/2 cup water
- 1/4 cup white miso paste
- 2 tablespoons soy sauce
- 1 tablespoon honey

Nutrition:

1. Calories: 1150 calories
2. Carbohydrate: 118 grams
3. Cholesterol: 80 milligrams
4. Fat: 58 grams
5. Fiber: 7 grams
6. Protein: 39 grams
7. SaturatedFat: 23 grams
8. Sodium: 4450 milligrams

9. Sugar: 9 grams

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