

Choco Fever Dream

Creamy Garlic Chicken Ramen

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

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, diced
- [ ] 3 cups chicken broth
- [ ] 1 cup heavy cream
- [ ] 200 g ramen noodles
- [ ] 4 cloves garlic, minced
- [ ] 2 tbsp soy sauce
- [ ] 1 tsp sesame oil
- [ ] 2 tsp olive oil
- [ ] 2 green onions, sliced
- [ ] 1 tsp toasted sesame seeds

Optional Garnish

- [ ] Sliced jalapeño
- [ ] Fresh cilantro leaves
- [ ] A splash of chili oil

Instructions

1. Heat olive oil in a large pot over medium-high heat; add the diced chicken and sear until golden brown, about 4-5 minutes.
2. Add minced garlic to the pot and sauté until fragrant, about 30 seconds, then pour in the chicken broth and soy sauce, scraping any browned bits.
3. Bring the broth to a gentle simmer, then stir in the heavy cream and sesame oil, letting the mixture thicken slightly.
4. Add the ramen noodles and cook according to package directions, usually 2-3 minutes, until just tender.
5. Taste and adjust seasoning with a pinch of salt or extra soy sauce; finish with sliced green onions and toasted sesame seeds before serving.

Nutrition per serving

470 kcal	32 g	38 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the broth becomes too thick, thin with a splash of water or extra broth.
- For a richer flavor, let the broth simmer uncovered for a few extra minutes before adding cream.
- A quick stir of fresh cilantro at the end adds a bright contrast.