



TASTE *of* ASIA



Asian recipes from Lotus Foods' content creators

MEE GORENG

By @maihomecooking

PREP TIME: 10 minutes
COOK TIME: 15 minutes
SERVINGS: 2

Mee Goreng is a popular stir-fried noodle dish with sweet and savory flavors, commonly found at markets or street vendors in Indonesia and Malaysia.

INGREDIENTS:

Sauce

- 1 tbsp kecap manis (sweet soy sauce)
- 1 tbsp soy sauce
- 1 tbsp dark soy sauce
- 1 tsp sesame oil
- 1 tbsp sambal
- 1 tbsp ketchup

Ramen

- 2 cakes Lotus Foods Millet & Brown Rice Ramen
- 2-3 tbsp neutral cooking oil, divided
- 1 small shallot, sliced
- 1 tbsp minced garlic
- 6 oz shrimps, peeled & deveined
- Salt & pepper, to taste
- 3 oz fried tofu
- 8 oz bok choy (or your favorite greens)
- 4 green onions cut into 2" lengths
- 1 egg
- 4 oz bean sprouts
- 3 tbsp fried shallots, divided
- Lime, sliced
- Thai chili (optional)

INSTRUCTIONS:

1. Combine sauce ingredients and set aside.
2. Cook noodles per directions on package, rinse and set aside.
3. In a wok or pan, heat ~1-2 tbsp oil, then add shallot and garlic. Cook until fragrant (~30 seconds).
4. Add in shrimp and season with salt & pepper. Cook thoroughly.
5. Add in fried tofu, bok choy, and green onions, and cook until the vegetables have softened.
6. Add in cooked noodles, pour in sauce, and mix well, coating everything in sauce.
7. Move everything to the side, add ~1 tbsp of oil and the egg, scramble and mix well into noodles.
8. Add bean sprouts, cook until softened, then add ~2 tbsp fried shallots and give a final stir.
9. Plate and garnish with extra fried shallots, slice of lime, and Thai chili.



MALAYSIA



CHICKEN PAD THAI

PREP TIME: 15 minutes
COOK TIME: 15 minutes
SERVINGS: 4

By @takestwoeggs

Pad Thai is one of the most delicious, comforting noodle dishes ever to have existed. Pad Thai originated in the 1930s in Thailand to build national pride and became a symbol of the people's love for their country.

INGREDIENTS:

Sauce

- 3 tbsp (1½ oz) Thai tamarind pulp
- ¼ cup boiling water
- 4 tbsp brown sugar, packed
- 2 tbsp fish sauce
- 1½ tbsp oyster sauce

Pad Thai

- 1 pkg Lotus Foods Organic Traditional Pad Thai
- 8 oz chicken thighs or breasts
- 1 tsp Thai light soy sauce
- 1 tsp fish sauce
- 1 tsp cornstarch
- 1 tsp water
- 3 tbsp vegetable oil, divided
- ⅓ cup shallots (~3 shallots), roughly chopped
- 4 cloves garlic, minced
- 4 oz firm tofu, cut into thin slices
- 2 tbsp dried shrimp
- 2 eggs, beaten
- 2 cups bean sprouts, loosely packed
- 10 garlic chives, cut into 1-inch pieces
- ¼ cup roasted peanuts, roughly chopped

Garnish

- ¼ cup bean sprouts
- 1 lime wedge
- Dried chili flakes

THAILAND



INSTRUCTIONS:

1. Mix tamarind pulp and water in a small bowl to break up pulp. If too thick, add 1-2 tbsp more hot water. Press mixture through a fine-meshed strainer and discard solids (should yield ~¼ cup of tamarind puree).
2. In a small mixing bowl, combine diluted tamarind paste with brown sugar, fish sauce, and oyster sauce. Set aside.
3. Cook noodles according to directions on package until al dente. Drain and set aside.
4. Pat chicken dry, slice into thin strips, and marinate with light soy sauce, fish sauce, cornstarch, and water.
5. Heat 2 tbsp oil in a wok or large non-stick skillet, add chicken and sear until golden and just cooked through (~2-3 mins). Remove and set aside.
6. Heat 1 tbsp oil in the same pan. Sauté shallots until translucent, then add garlic and continue cooking until lightly browned. Add tofu and dried shrimp. Gently sauté for 2-3 mins, then add noodles and sauce and gently toss until the sauce is incorporated.
7. Push everything to one side of pan. Add a little extra oil to the empty space and pour in the beaten eggs. Quickly scramble eggs for ~30 seconds, then toss to mix into noodles.
8. Turn off heat, add chicken, bean sprouts, chopped garlic chives, and half the crushed peanuts, then gently toss to combine.
9. Serve immediately with remaining chopped peanuts, additional bean sprouts, lime wedges, and a sprinkle of chili flakes.





PREP TIME: 30 minutes
COOK TIME: 1 hour 30 minutes
SERVINGS: 6

VIETNAMESE BEEF PHỞ

By @maihomecooking

Beef Phở is the most iconic and famous Vietnamese dish. It is a flavorful soup with a beef bone base and served with phở rice noodles and various toppings.

INGREDIENTS:

- 2½ lb beef bones
- 1 onion
- 1 piece ginger (~5 inches)
- 1 phở spice pack*
- 3½ qt water
- 2 tbsp salt, divided
- 2 tbsp fish sauce, divided
- 3 tbsp rock sugar, divided
- 1-1½ lbs eye of round steak
- 1 bag beef meatballs (optional)
- 1 bunch green onions, chopped
- 1 small onion, thinly sliced
- ½ bunch cilantro, chopped
- bean sprouts
- Thai basil
- jalapeños
- lime
- 2 tsp beef bouillon
- 2-3 pkg Lotus Foods Organic Traditional Pho Rice Noodles
- black pepper
- hoisin sauce
- sriracha

VIETNAM

INSTRUCTIONS:

1. Parboil beef bones for ~10 mins until all impurities float to top, then rinse and scrub. This helps keep the broth clear.
2. Char onion and ginger, either directly over a flame or in a pan, then peel off skin.
3. Toast phở spices in a pan on medium heat for 1-2 mins then place in a pouch.
4. Add bones, onion, ginger, and spice bag to Instant Pot and fill water to max line (~3½ quarts). Add 1 tbsp salt, 1 tbsp fish sauce, and 2 tbsp rock sugar to pot.
5. Pressure cook for an hour, then let natural release for 30 mins before switching to vent to release remaining pressure.
6. While broth is cooking, thinly slice eye of round steak (tip: slightly freeze steak to make it easier to slice) and cut beef meatballs.
7. Chop and mix together green onions, onion, and cilantro. Assemble plate of veggies, herbs, lime, and jalapeños.
8. Once broth is ready, remove and discard everything from pot, skim broth, and remove fat. Season to taste with 1 tbsp rock sugar, 2 tsp beef bouillon, 1 tbsp salt, and 1 tbsp fish sauce.
9. Cook noodles per directions on package.
10. Divide noodles, meats, hot broth, garnishes, and black pepper equally between bowls. Serve with fresh veggies, herbs, lime, hoisin sauce, and sriracha.

NOTES:

If you can't find a phở spice pack, buy spices individually: 5 star anise, 1 cinnamon stick, 1 tbsp coriander seeds, ½ tsp fennel seeds, 5 cloves, 1 black cardamom.



PREP TIME: 20 minutes
COOK TIME: 10 minutes
SERVINGS: 2

PACHAE MUCHIM



By @seasonedbyjin

Pachae Muchim is a Korean scallion salad, often mixed with other fresh greens, then tossed in a light sauce. It's a popular side dish served with Korean BBQ meals, bringing texture and vibrant color to the table.

KOREA



INGREDIENTS:

- 1 pkg Lotus Foods Organic Buckwheat & Brown Soba Rice Noodles
- 6 stalks scallions
- 2 cups lettuce, chopped
- 1 cup chicory lettuce, chopped

Sauce

- ¼ cup soy sauce
- ¼ cup water
- 2 tbsp maesil (plum syrup)
- 1 tsp sugar
- 2 tbsp agave
- ½ tbsp sesame oil
- 2 tbsp gochugaru
- ½ tsp minced garlic
- ½ tbsp sesame seeds
- 1 pinch black pepper

INSTRUCTIONS:

1. Cook noodles per directions on package. Rinse in cold water and set in a strainer. Loosely cover with plastic wrap until ready to serve.
2. Wash scallions and remove root ends. Using a shredder, shred from the center, lengthwise, then soak in cold water for ~10 mins. Transfer to a strainer and keep in fridge until ready to serve.
3. Chop lettuce and chicory lettuce and set aside.
4. Combine sauce ingredients, mix well, and set aside.
5. When ready to plate, combine noodles, veggies, and desired amount of sauce in a large bowl. Toss and mix with chopsticks. Serve cold.
6. If planning to consume later, toss noodles with vegetables and serve sauce separately.



MISO NIKOMI UDON

By @yokos.kitchen

PREP TIME: 10 mins
(plus 12 hours for soaking)

COOK TIME: 15 minutes

SERVINGS: 2

This one-pot Japanese udon noodle recipe is perfect for entertaining a large group. Nikomi means "simmering" in Japanese, so dry noodles are simmered in the soup and thicken the soup, which makes this dish extra hearty and comforting.

INGREDIENTS:

- 4 dried shiitake mushrooms
- 3" x 3" piece kombu
- 5 cups water
- 5 tbsp miso
- 1 tbsp soy sauce
- 1 leek, white part, diagonally sliced
- 1 carrot, sliced into 1/4" thickness, cut into a flower shape (optional)
- 1 cup shimeji mushrooms, ends trimmed
- 2 tbsp mirin
- 2 aburaage fried tofu, halved diagonally
- 1 pkg Lotus Foods Organic Brown Udon Rice Noodles
- sea salt, to taste
- 2 baby bok choy, halved lengthwise
- 1/2 tsp black sesame seeds

INSTRUCTIONS:

1. Gently wipe shiitake mushrooms and kombu with a slightly damp cloth then add to a large bowl with water. Refrigerate overnight to create a broth.
2. The following day, whisk miso, soy sauce, and 3 tbsp broth in a small bowl. Refrigerate and let soak overnight.
3. Remove soaked mushrooms from broth, gently squeeze out excess liquid, and slice.
4. Strain remaining broth with a fine-mesh strainer into a large pot and add kombu back into broth. Add leek, carrot, shiitake, and shimeji mushrooms.
5. Bring to a boil over medium-high heat. Discard kombu to prevent soup becoming slimy.
6. Add mirin, aburaage, and noodles. Cook for 8 mins, stirring occasionally to prevent sticking. Reduce heat to low if necessary to maintain a gentle simmer.
7. Stir in miso mixture. Add salt to taste. Place bok choy on top and cover to cook for 2 mins until noodles are tender.
8. Bring the pot of soup to the table with serving bowls. Top with sesame seeds.





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