



## ramen-style konjac soup with pork and egg

### Phase 1 Recipe

SERVES 1 | READY IN 20 MINUTES

#### Ingredients:

- 1 ½ cups fat-free chicken broth
- 4 ounces lean pork tenderloin, thinly sliced
- ¼ tsp salt
- 1 cup small broccoli florets
- ¾ cup enoki mushrooms or thinly sliced shiitake mushroom caps
- ¼ cup bean sprouts
- 1 pouch (1 cup) Ideal Protein
- Ideal Protein Konjac Spaghetti, rinsed according to package directions
- 1 hard-cooked egg, halved
- Thinly sliced radish, optional
- Soy sauce, for serving

In a medium saucepan, combine the broth, pork, and salt. Bring to a boil over high heat; lower the heat and simmer for 2 minutes. Add the broccoli, mushrooms, and sprouts and cook just until the pork is cooked through and the vegetables are tender, about 3 more minutes.

Meanwhile, place the konjac noodles in a serving bowl. Pour the hot soup over the noodles. Top with the egg and radishes, if desired, and serve with soy sauce on the side.