



# Fry & Leela's Blackened Chicken Ramen w/ Cremora & Cheddar Béchamel

Serves 2

Equipment: Saucepan, quart sized ziplock bag, skillet, stovetop.



## Ingredients:

- 2 chicken breasts
- 1.5 Tb blackening seasoning
- 2 Tb butter
- 3 Tb all purpose flour
- 2 cups water
- 1/4 onion peeled
- 1/2 cup non-dairy creamer (or powdered milk)
- 3 whole cloves
- 1 bay leaf
- 1/4 tsp ground nutmeg
- 3/4 cup shredded white cheddar cheese
- 2 packs of ramen noodles
- Salt to taste

## Instructions:

1. Melt butter in a large saucepan over medium heat. Once completely melted, gradually stir flour into the butter with a rubber spatula until mixed into a paste-like roux. Scrape the roux out of the pan and into a separate bowl.
2. Mix water and creamer into the saucepan with a wire whisk until fully dissolved, turn a back-burner on the stovetop onto medium heat and allow the sauce to come to a simmer while prepping other ingredients.
3. Pin the cloves through the bay leaf like you would a thumbtack onto the onion. When the saucepan starts to simmer, add the onion and stir intermittently, reducing the heat if needed to keep it from scorching or boiling. Let cook about 20 minutes.