



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

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

Serves 2



## 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.
4. Start heating a medium skillet on the stovetop with a thin coat of oil or cooking spray on medium-high heat. Put chicken and 1.5 tablespoons of the blackening seasoning into a ziplock bag. Seal and shake to coat.
5. Season each side with salt and add chicken to the pan when hot. Cook, flipping once until the internal temp reaches 165 F (about 5 minutes on one side, 6 on the other). Remove and allow to rest on a cutting board.
6. Remove the onion from the sauce and discard when 20 minutes is up. Stir and melt cheese into sauce gradually with a whisk. Add the roux, one tablespoon at a time, whisking until sauce is desired thickness. Stir in the nutmeg and add salt to taste. Remove from heat and cover with the lid to keep warm until ready to serve.
7. Cook up ramen according to package directions, draining the water and leaving out the seasoning packets. Distribute noodles between two bowls. Slice chicken into bite sized pieces and top each bowl of noodles. Ladle desired amount of sauce into each bowl.
8. Garnish noodles with some extra blackening seasoning and serve.