

Nutritious & Delicious Grab & Go Recipes



Noodle Pot

Ingredients (Makes 10)

- 150g sliced red onions
- 1 bunch shredded spring onions
- 1 red chilli – chopped
- 40g fresh ginger – grated
- 30g coriander including stalks – chopped
- 4 carrots – julienned
- 250g bean shoots
- 1 Chinese cabbage – shredded
- 3 bok choy – shredded
- 3 peppers (mixed) – julienned
- 2 cloves of garlic – sliced
- 1.5kg cooked noodles - any - Udon/ Soba/ Vermicelli/ Egg

Method

1. Place to noodles in the bottom of a 32oz pot and layer the other ingredients on top – garnish and set aside ready to be topped with broth/ stock or flavoured soup.

Key Nutrients

Portion	323g	100g	
Calories	134 (kcal)	42 (kcal)	
Nutrients	Per Serving	Per Serving	
Fat	1.3g	0.4g	Low
Saturates	0.2g	0.1g	Low
Sugars	5.9g	1.8g	Low
Salt	0.1g	0+g	Low
Protein	5.7g	1.7g	–

Low Fat

Allergen Info: Wheat, Egg



Noodle Pot (With Base Miso Stock Added)

Key Nutrients

Portion	691g	100g	
Calories	186 (kcal)	56 (kcal)	
Nutrients	Per Serving	Per Serving	
Fat	5.9g	1.7g	Low
Saturates	0.8g	0.3g	Low
Sugars	6.4g	1.9g	Low
Salt	2.3g	0.6g	Med
Protein	6.7g	2.0g	–

Low Fat

Allergen Info: Celery, Soya, Sesame, Fish (Dashi), Wheat, Egg