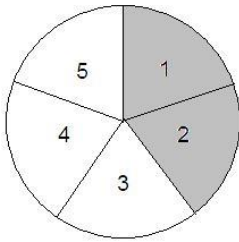


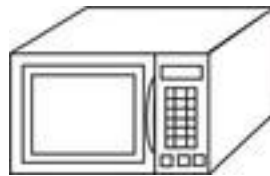
Noodle Pots

Serves 2

Portions of fruit & vegetables per serving: 2



Microwave oven needed



Allergen information:

Allergens are in bold.

Contains cereals

containing gluten

Contains egg

May contain celery, mustard and soya

Ingredients	Amount	Preparation
boiling water	250mls ($\frac{1}{2}$ pint)	
vegetable stock cube	1	
curry paste	2 teaspoons	
egg noodles	1 block	
tomatoes	2	chopped
frozen mixed vegetables	60g (2oz)	
frozen peas	60g (2oz)	
spring onions	2	chopped

Please Turn Over

Method

- 1 Boil the kettle then pour the water into a large microwaveable bowl. Crumble in the stock cube.
- 2 Add the curry paste (or other flavouring - see Handy Hints) and stir.
- 3 Add the egg noodles and stir with a spoon to completely cover with hot water.
- 4 Tip in the chopped tomatoes, mixed vegetables, peas and spring onions.
- 5 Microwave on high for 4 minutes or until the noodles are cooked.
- 6 Pour into two mugs to serve.

191 calories

Per serving

Fat

LOW

4.9g

Saturates

LOW

0.9g

Sugar

LOW

5.6g

Salt

MEDIUM

1.7g

 **HIGH**  **MEDIUM**  **LOW**

Handy Hints

Experiment with different vegetables and flavours:

Chicken and Sweetcorn

- Replace the vegetable stock cube with a chicken stock cube and add 2 tablespoons sweetcorn instead of peas. Swap the curry paste for soy sauce.

Beef and Mushroom

- Use beef stock and add chopped mushrooms to replace the peas. Add tomato ketchup instead of the curry paste.

Chinese Style

- Use 2 tablespoons of any stir-fry sauce instead of the curry paste.