

NOODLES

A recipe made in a mug,
that can be cooked
in the microwave!

Recipes in a

MUG



**Perfect for quick, tasty
treat to serve one.**

INGREDIENTS

- 1 nest of thin, quick-cook noodles
- ¼ of a veg stock cube
- Pinch sugar
- ½ small carrot – peeled and sliced very thinly into sticks
- 1 spring onion – trimmed and finely sliced
- 4 sugar snap peas or mangetout – sliced very thinly
- Small portion of greens or tenderstem broccoli – chopped
- 1 strip red pepper – finely sliced
- ½ teaspoon fresh ginger – grated
- 1 small clove garlic – peeled and crushed or grated
- ¼ red or green chilli – very finely chopped or pinch chilli flakes
- Few leaves of fresh coriander – torn with hands
- Boiling water
- 2 tsp soy sauce
- 1 tsp lemon or lime juice – freshly squeezed or from a bottle.

HOW TO MAKE IT

1. Put all the prepared ingredients, except the water, soy sauce and lemon/lime juice into a mug or jar with a clip lid*.
2. Pour boiling water into the mug or jar to just cover everything. Make sure the noodles are submerged. Cover with the lid or a saucer and leave to stand for 10 minutes, stirring after 5 minutes. Make sure the adult takes charge of pouring the boiling water.
3. Add the soy sauce and squeeze of lemon or lime. Stir well and eat straight away.

Allergy Aware

Celery (may be in stock cube)
Cereals containing gluten
(if using wheat noodles)

*TOP TIP

If you don't have a jar, place everything in a small basin or heat-proof mixing jug, place a small plate or saucer on top and leave to stand until the noodles are soft.





EAT WELL

HEALTHY BODY, HEALTHY MIND

- The vegetables in the noodle recipe are barely cooked, so are bursting with vitamins and minerals. Which are good for healthy hair and skin.

LEFTOVERS AND REDUCING WASTE

- This noodle recipe is like making your own fresh vegetable version of a pot noodle.
- The ingredients are flexible to suit what you've got in your fridge and cupboards.

SHOPPING

- Choose a reduced-salt stock cube as soy sauce is quite salty too.
- Visit your local market to select seasonal vegetables for this recipe.

USING YOUR STORE CUPBOARD

- Noodles
- Vegetable stock
- Soy sauce.

COOKING TOGETHER

Involve younger children and older people in:

- Chopping the vegetables
- Pouring boiling water from the kettle
- Peeling and grating
- Weighing and measuring
- Seasoning and tasting.

GROWING SUGGESTIONS

- Carrots, red peppers, sugar snap/mangetout and chillies can be easily grown at home in pots or containers in a sunny spot.
- Coriander can be grown on the windowsill all year round.

SKILLS

- Cutting
- Weighing and measuring
- Using a hot kettle
- Peeling
- Grating
- Using the microwave.

MIX UP FLAVOURS!

- **Spring vegetables that can be added:** Spring greens, spinach.
- **Summer vegetables that can be added:** peas, mangetout.
- **Autumn vegetables that can be added:** mushrooms, sweetcorn.
- **Winter vegetables that can be added:** leeks, cabbage.

Store-wise

Make the noodles fresh when you want a hot, tasty and healthy snack.