

Super Quick Noodles

Organisation and skill: ★★ ★

Cost: £ £ £

Equipment:   

Ingredients

Allergens in **bold**

- 1 nest of **thin, quick cook noodles**
- **¼ of a veg stock cube**
- 1 spring onion, trimmed and finely sliced
- 4 sugar snap peas or mangetout, sliced thinly
- Handful of broccoli, chopped
- ½ teaspoon of ginger paste
- ½ teaspoon of garlic paste, or 1 clove of garlic, crushed or grated
- 2 teaspoons soy sauce
- 1 teaspoon of lemon or lime juice
- boiling water

Equipment

- Chopping board
- Sharp knife
- Large bowl
- Mug or bowl
- Plate
- Kettle

Allergy aware

- Vegetable stock cubes may contain celery
- Wheat noodles contain gluten

How to make them

- ① Put all of the prepared ingredients, except the water, soy sauce and lemon juice into a microwave-safe mug or bowl
- ② Pour boiling water into the mug to cover everything, making sure the noodles are submerged. Make sure an adult is responsible for pouring the boiling water.
- ③ Cover the bowl or mug with a small plate and leave to stand for 5 minutes.
- ④ Stir the noodles, cover them back up with the plate and then leave to stand for another 5 minutes.
- ⑤ Add the soy sauce and lemon and enjoy right away!

Recipe hints and tips

- Mix up the flavours! Add in seasonal veggies such as mushrooms and sweetcorn.
- You could also add spinach, peas, leeks and cabbage
- If the noodles don't feel fully soft after 10 minutes, you can pop the bowl/mug in the microwave for 1 minute (as long as it's microwave safe!)
- The veggies in this recipe are very lightly cooked, so they are bursting with loads of good vitamins and minerals!

