

Homemade Pot Noodle

Recipe by RAE REEVES
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	269 kJ	3%
Energy (kcal)	64 kcal	3%
Fat	0.8g	1%
of which saturates	0.1g	1%
Carbohydrate	10g	4%
of which sugars	3.6g	4%
Fibre	2.4g	10%
Protein	2.9g	6%
Salt	0.8g	13%

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Ingredients: (Serves 1-2)

- 1 Kilner style Jar, cleaned and dry with sealable lid
- 75g (dried weight) Organic 100% buckwheat noodles, cooked and cooled.
- 15g sachet of Organic Brown Miso (**SOYA**)
- 60g raw carrot, peeled and cut into thin matchsticks
- 40g sugar snap peas, washed and trimmed
- 40g red, orange or yellow pepper, deseeded and roughly chopped
- 15g chestnut mushrooms, washed and sliced
- 20g spinach or kale, washed, roughly shredded.
- 2 spring onion, washed and trimmed, sliced down to the green ends
- 50g broccoli, washed and chopped along with some of the 'trunk' / stalk for extra fibre
- 5g fresh red chilli, chopped and deseeded. If you prefer it spicy keep the seeds
- 10g Fresh, raw ginger, peeled and grated
- 1 garlic clove, crushed
- Small handful coriander, washed and roughly chopped
- ½ tsp vegetarian vegan bouillon powder
- sea salt and cracked black pepper to taste

Options:

- Seasoning suggestions include chilli paste or sauce, tamari, soy or teriyaki sauce.
- Check allergens on products before adding.
- Add in additional protein with cooked chicken, pulses of choice or seeds.

Method:

Layer all ingredients in a heat proof jar and keep in the fridge until you are ready to eat. Remove from the fridge at least 30 minutes before to allow the jar to come up to room temperature before adding boiling water approximately half way and stir. Leave to sit for 5 minutes before stirring and adding any extra seasonings of your choice.

ALLERGENS



SOYA

MODIFY

If avoiding Soy, replace the Miso paste with alternative such Chickpea miso paste

CREDIT

Recipe by: Rae Reeves
Photo by: Rae Reeves

