



### 'Not' pot noodles

A tasty, quick and healthy lunch with a boost of beneficial bacteria.

#### Ingredients

2 tsp. white miso paste  
¼ -½ tsp fresh grated ginger  
¼ red chili, sliced (optional)  
1 tsp toasted sesame oil  
2 tsp soy sauce  
½ tsp veg bouillon powder e.g. Marigold or ½ veg stock cube  
Portion wholegrain noodles  
1/3 courgette, grated or spiralized  
1 carrot, grated or spiralized  
1 spring onion, finely sliced  
Handful baby spinach leaves  
Handful frozen peas  
Sliced tofu / shredded cooked chicken



Serves: 1



Prep: 10 mins

#### Directions

- Place the miso, ginger, chilli, toasted sesame oil, soy sauce and veg bouillon or stock cube in the bottom of a large jam or mason jar and stir well
- Add wholegrain noodles. Depending on the variety, these may need to be briefly cooked beforehand.
- Fill the jar with the veg and tofu / chicken and keep in the fridge
- When ready to eat, pour boiling water into the jar to cover the contents, put the top on the jar and shake well.
- Leave for 5 minutes, then stir well and eat

#### Tips:

- *A variety of wholegrain noodles can be used in this recipe, including soba noodles. Some varieties will need a little longer to cook, so simply precook these in boiling water for 2 –3 minutes the night before, when assembling your jar.*
- •Add more ginger and chili for a spicier version
- •Mix and match vegetables depending on what you have. Aim to keep as colourful as possible.