

## OUR RECIPE



Hampshire  
County Council

Education Catering

# Vegetable Noodle Jar

Serves 1

Special thanks to Soil Association  
Food for Life Served Here.

## INGREDIENTS

- 1 nest of thin, quick cook noodles
- 1 tsp vegetable stock powder or 1/4 stock cube
- Pinch brown sugar
- 1/2 small carrot, sliced thinly into julienne sticks
- 1 spring onion, trimmed and finely sliced
- 4 sugar snap peas or mange-tout, finely sliced
- Small portion of greens, shredded
- 1 strip red pepper, finely sliced
- 1/2 tsp fresh ginger, grated
- 1 small clove garlic, crushed or grated
- 1/4 red or green chilli, very finely chopped
- Few leaves of fresh coriander, torn with the hands
- Boiling water
- 2 tsp soy sauce
- 1 tsp lemon or lime juice



If chilli is too spicy for you, replace it with a handful of tinned or frozen sweetcorn.

## METHOD

1. Put all the prepared ingredients, except the water, soy sauce and lemon/lime juice into the jar.
2. Pour boiling water into the jar to barely cover everything. Make sure the noodles are submerged. Close the lid and leave to stand for 10 minutes, stirring after 5 minutes.
3. Add the soy sauce and squeeze of lemon or lime.
4. Stir well and eat straight away.

Serving Suggestion - serve this as a tasty 'in-from-school' instant treat.



**GET  
TOGETHERS**  
Bringing people together through food



[hants.gov.uk/educationcatering](https://hants.gov.uk/educationcatering)