



NOODLE POT 2

*A tasty noodle pot to warm you and
fill you up!*

www.halsawellbeing.com
Email: info@halsawellbeing.com
Tel: 03300 552122

Hälsa Noodle Pot Series

Noodle Pot 2

Ingredients

Flavour Paste:

- ½ tsp freshly grated ginger
- ½ garlic clove, grated
- ¼ red chilli, deseeded and finely chopped (optional)
- 2 tsp soy sauce
- Juice of ½ lime
- 1/8th tsp marmite
- 1 tsp of vegetable stock powder or ½ stock cube

Noodles:

- 1 nest of thin, quick-cook egg noodles
- 1 small carrot, grated
- 3–4 spring onions, finely sliced
- 1 handful of frozen peas, defrosted
- 1 green cabbage leaf finely shredded



HÄLSA
wellbeing

Method

- Put all the ingredients, except the soy sauce and lime, in a 'pot'
- Pour over boiling water to just cover everything, pressing the ingredients down
- Cover and leave for 8–10 minutes, stirring once or twice
- Add soy sauce and lime juice to taste, stir and eat