



GET TOGETHERS
Bringing people together through food

Vegetable noodle jar

Make your own version of a Pot Noodle in a heat-proof, sealable jar. The ingredients are flexible to suit what you've got in the fridge and cupboard.

Organisation and skill: ★★

Cost: £ £ £

Portion-wise: Makes 1 serving

Store-wise : Make this fresh when you want a hot, tasty and healthy snack

Equipment

- Sharp knife
- Chopping board
- Teaspoon
- Grater
- Kettle
- 1 wide-necked jar with sealable lid, e.g. a 500ml Kilner jar
- Fork

Ingredients

- 1 nest of thin, quick-cook noodles
- 1 teaspoon vegetable stock powder or 1/4 of a veg stock cube
- Pinch brown sugar
- 1/2 small carrot – sliced very thinly into julienne sticks
- 1 spring onion – trimmed and finely sliced
- 4 sugar snap peas or mange-tout – sliced very thinly
- Small portion of greens or tender stem broccoli – shredded
- 1 strip red pepper – finely sliced
- 1/2 teaspoon 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 teaspoons soy sauce
- 1 teaspoon lemon or lime juice

How to make it

- 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. Stir well and eat straight away.

If you don't have a Kilner jar, place everything in a small basin or heat-proof mixing jug, place a small plate or saucer on top and leave to stand until the noodles are soft.

Allergy aware

This recipe contains:

Celery (may be in stock)

Egg (noodles)

Cereals containing gluten (wheat noodles)

Serving suggestions:

Serve this as a tasty 'in-from-school' instant snack or for a work-day lunch. Alter the ingredients to suit individual tastes

Eat well

- The vegetables in this recipe are barely cooked so bursting with vitamins and minerals.
- Choose a reduced-salt stock as soy sauce is quite salty too.

Shopping

- Use up odd vegetables that are in your fridge – try to include a rainbow of colours.
- Visit your local market to select seasonal vegetables for this recipe.

Explore vegetables and seasonings from different cultures for this recipe.

Cooking together

- If you want to make this with young children, get an adult to prepare the vegetables and let them pick and mix to create their own combination.
- A steady hand is needed to pour boiling water into the jar.
- Explore vegetables and seasonings from different cultures for this recipe.

Sustainability – good for you, good for the planet

- If you grow your own vegetables, you could make this on the allotment (just need access to boiling water). The freshly picked vegetables will be at their best and a small harvest can go a long way.
- Organic vegetables will be more economical when they are in season and produced locally.

