

# Top Noodle

Shop bought instant noodle cups can be very high in salt and, often, they will contain monosodium glutamate (MSG) which is associated with harmful side effects. Try this fresh and tasty version instead!

Take & Make Boxes are assembled in a facility that also handles celery, gluten, eggs, lupin, milk, mustard, peanuts, sesame, soybeans, sulphur dioxide, sulphites and tree nuts. Therefore, this product may contain trace allergens that have not otherwise been declared.



## Equipment you will need:

- Screw top jar
- Chopping board
- Sharp knife
- Tin opener
- Grater
- Kettle
- 4 heatproof cups/bowls with lids

## Ingredients (allergens highlighted in bold):

### For the dressing:

- 1 clove garlic
- 1 lime
- 1cm root ginger
- 2 x 5ml spoons soy sauce**
- 2 x 5ml spoons sweet chilli sauce
- 1/2 tsp chilli flakes

### For the noodles:

- 200g fine noodles**
- 2 spring onions
- 1 pepper
- 1 pak choi
- 1 198g tinned sweetcorn
- 1 400g tinned butter beans

Helpful tip: 1 tablespoon = 3 teaspoons or 15ml

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Share your feedback in our survey: [www.surveymonkey.co.uk/r/TakeandMake](https://www.surveymonkey.co.uk/r/TakeandMake)

Remember to measure or check the weights of your ingredients. We may have included more than you need.

## Instructions:

### For the dressing:

1. Peel and finely chop the garlic.
2. Finely grate the ginger, no need to peel. Grate the lime zest.
3. Add the prepared ingredients to a screw top jar. Add the juice of the lime as well as the soy and sweet chilli sauces. If you want spicier noodles, finely chop and add fresh the chilli too.
4. Seal the jar and shake to combine, set aside to let the flavours develop.

The dressing will keep in the fridge for three days.

### For the noodles:

5. Slice the spring onions, pepper and pak choi into bite size pieces (not too small as you want to be able to pick them up with a fork).
6. Divide all the ingredients between 4 soup bowls or into heatproof cups with lids. Divide the noodles into 4 portions and place them at the bottom and the other ingredients on top.
7. Divide the prepared dressing equally between the four bowls/cups.
8. Pour boiling water to approximately 1 cm above the level of the noodles and vegetables. Cover immediately either with a small plate or the lid of the cup.
9. Leave to stand for 10 minutes before stirring to combine all the ingredients.



**Packed lunch idea!** Layer up all the ingredients in a wide thermal cup but add the water later when you're on the go and want a quick and easy hot lunch.