D.I.Y Mr Noodles™ in a Mason Jar

INGREDIENTS

Flavour
- 1 - 3 tsp first flavour
- Something like miso paste, a bouillon cube, or curry paste.
- 1 - 2 tsp second flavour
- Add in some soy sauce, sriracha sauce, or sesame oil for extra flavour

Protein + Vegetables
- ¼ cup – ½ cup filler/hearty ingredients
- You could use frozen vegetables, tofu, cooked meats, hard or soft boiled egg, or hearty greens like kale/chard, mushrooms, etc.

Noodles
- ¾ cup – 1 cup noodles
- Any noodle will do. You could use cooked spaghetti or fettuccine, cooked rice noodles, cooked udon, dry vermicelli, or dry “instant” ramen noodles.

Fresh
- ¼ cup – ½ cup fresh ingredients
- Add in fresh herbs, chives, radish, sprouts, or slices of lime or lemon to give your noodles the final touch.

INSTRUCTIONS

• Chop and prepare all proteins and vegetables into small, bite-size pieces.

• Add ingredients to 500 ml wide-mouthed Mason jar in order listed. Start with your flavours at the bottom of jar and top with vegetables, protein, noodles and fresh herbs on top. If you use a smaller jar, like 250ml, adjust ingredient amounts accordingly.

• Seal and refrigerate until you’re ready to eat, they will keep for up to a week.

• When you’re ready to eat your noodles, simply add hot or boiling water (boiling water is suggested if your noodles are uncooked/dry), put the lid back on and let sit for 2-5 minutes, open, stir, and enjoy!