

No-Fry Noodles

✓ Kettle only



Equipment:

- 2 bowls
- Fork

Ingredients for 1 portion:

- 1 nest of dried rice noodles
- 1 handful of vegetables of your choice (tinned, frozen or fresh) e.g. broccoli
- Seasoning e.g. soya sauce, chilli sauce
- Optional: handful of nuts

- ✓ Halal
- ✓ Gluten-free
- ✓ Dairy-free
- ✓ Vegan

Steps:

1. Boil the kettle. Put the rice noodles into a bowl and cover with boiling water. Leave for 5 minutes
2. Put vegetables into another bowl and cover with boiling water to heat for 5 minutes
3. Drain the water from the noodles and the vegetables. Mix together.
4. Add the seasoning and mix well.
5. Top with nuts if using.