

ADDITIVE FREE TWO MINUTE NOODLES



INGREDIENTS

- 100-200g noodles
- 2 cups chicken stock liquid
- 2 tsp homemade vege spread
- 1 tsp garlic powder
- 1 tsp parsley fresh finely chopped
- 1 eschallot finely sliced
- 1 tbs celery (stalk and leaves) finely diced

PREPARATION TIME: 2 MINS

COOKING TIME: 2 MINS

SERVES: 2

PREPARATION

- * Put the kettle on to boil some water.

METHOD

1. Add all ingredients except noodles to a small saucepan and bring to the boil.
2. Place the noodles into a heatproof bowl, pour boiling water over the top of the noodles until completely covered and leave to sit for 2 mins or until just softened.
3. Once noodles are cooked, strain the water off them, add the noodles to the saucepan of stock mixture, eat and enjoy!

REHEATING, STORAGE & LEFTOVERS

- * You can freeze the liquid portion (before adding the noodles) ready to use for another day.

VARIATIONS & TIPS

- * You can make this recipe with rice or bean noodles for a gluten free version. Just be sure your stock and vege spread also contain gluten free ingredients.
- * You can also add any veges to this recipe to bulk up the noodles – carrots, corn, broccoli, bok choy, etc – or add leftover roast chicken for more protein.
- * To make this super quick and easy, make up a batch of chicken stock and freeze in 2 cup portions with all the ingredients except the noodles, then you just have to remove from the freezer and bring to the boil in a saucepan whilst your noodles are cooking.
- * If you do not have homemade vege spread, I highly recommend you give it a try as it is super easy to make and eliminates the nasties found in 'normal' vegemite. Otherwise, substitute it with miso paste, nutritional yeast flakes, molasses, tamari or soy sauce and a stock cube to taste. You might find just the miso paste and yeast flakes with a little molasses is enough, but again, entirely up to your taste buds!

NOTE

Always look for organic ingredients to be sure you are avoiding additives or check the label carefully to confirm there are no nasties in your ingredients.