

# Top Noodles

Get ready to cook: Tie back long hair, apron on, wash hands. Collect ingredients and equipment

This is a really quick and tasty recipe! It is easily adapted to use seasonal ingredients and you can add lots of your favourite vegetables. Top Noodles are great to take on a picnic or to work. Here's a video link to help you get it made: <https://www.youtube.com/watch?v=GkBHkZ44O-8>

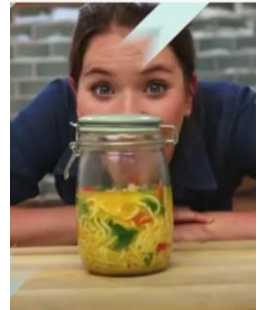
## Ingredients... Serves 1

- 1 teaspoon curry powder or curry paste
- 1 teaspoon coconut cream
- 1 teaspoon cornflour
- 1 teaspoon tomato ketchup
- ½ a vegetable or chicken stock cube
- 1 pack pre-cooked noodles
- ½ small red pepper
- 2 green cabbage leaves OR spinach
- 2 tablespoons peas or sweetcorn
- 400ml boiling water

## Equipment

- Deep plastic pot with a secure lid (approx. 700ml capacity)
- Colander, Chopping board, Vegetable knife, Small bowl, Grater, Teaspoon
- Juicer, Kettle, Fork

For a more spicy sauce try ½ clove garlic, ¼ red chilli, 2 tsp soy sauce, 2 tsp sweet chilli sauce.



## Method

1. Place curry powder, coconut cream, cornflour, ketchup and stock cube into your container and give it a good mix up.
2. Wash and prepare vegetables, de-seed and slice pepper, wash and shred cabbage



Use bridge and claw grip and always watch what you are doing when using knives.

3. Add vegetables and noodles to your "pot". Seal and chill until you are ready to eat.



FINALLY.... Eat and enjoy!

4. When you are ready to eat, boil a kettle. Add about 400ml of boiling water to your pot, up to the noodle line. Give your pot a stir up. Then seal the top and leave for 2 minutes to cook through.



Take great care when pouring boiling water.