

Noodle In Broth

Prep

10 mins

Cook

10 mins

Portion

Serves 2

This light one-dish recipe helps to meet the wholegrains, protein, vitamins and calcium recommendation for the day.



A well-balanced diet helps to prevent diseases and improve quality of life.

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Ingredients

250g of fresh wholegrain noodles

500ml of vegetable stock

200g of soft bean curd

8 dried shitake mushrooms,
soaked in hot water

½ tbsp of light soya sauce

2 spring onions, chopped

Instructions

1. Heat the vegetable stock.
2. Add bean curd, mushroom, soya sauce and spring onions. Cook for 3 mins.
3. Add noodles and cook further for 2 - 3 mins.
4. Garnish with lettuce (optional) and serve hot!



Garnish with lettuce to increase intake of vegetables.