

How to Make Instant Noodle Cups

What You Need

Ingredients for each noodle cup

1. 1 to 3 teaspoons flavor base — soup stock paste (like Better Than Bouillon), miso paste, curry paste
2. 1 to 3 teaspoons flavoring extras, optional — chili-garlic sauce, soy sauce or tamari, coconut milk, sesame oil, Sriracha or other hot sauce
3. 1/4 to 1/2 cup filler ingredients — frozen corn, frozen carrots, frozen peas, diced tofu, leftover cooked meat, dried or thinly sliced mushrooms, thinly sliced spinach or other hearty greens, kimchi, soft-boiled or hard-boiled egg
4. 3/4 to 1 cup noodles — cooked udon, cooked yakisoba or ramen, cooked soba noodles, cooked spaghetti or fettuccine, cooked rice noodles, cooked shirataki noodles, dry vermicelli or maifun noodles
5. 1/4 to 1/2 cup fresh ingredients — fresh herbs, sliced green onions, bean sprouts, sliced lime or lemon

Equipment

- Pint-sized wide mouth glass jars with lids, or other heatproof containers
- Measuring cups and spoons
- Chopsticks or a fork, for eating

Instructions for Assembling the Noodle Cups

1. **Place flavor base and flavor extras in the bottom of the cup:** If it's a paste, like soup stock or miso paste, spread it around a little so it dissolves more easily once you add the hot water. Also add any flavoring extras.
2. **Top with filler ingredients:** Scatter your filler ingredients over the top of the paste. It's OK if they get mixed in with the flavor base and extras.
3. **Add the noodles:** Pack the noodles down so they're fairly compact. It's fine if they stick together — they will un-stick once you add the water.
4. **Finish with the fresh ingredients:** If you'd like to keep these from getting mixed into the hot soup, pack these into a baggie that can be removed just before you add the water.
5. **Seal and refrigerate:** Place the lid on the container and refrigerate for up to a week. Use a dry-erase marker or masking tape label to write the contents of each jar so you can easily grab whichever combo of ingredients you want that day. (It's best to keep the jars refrigerated until you're ready to eat, but it's OK to stash them in your bag for up to two hours.)

Instructions for Cooking the Noodle Cups

1. **Top with hot water:** When you're ready to eat, unscrew the lid and pour enough boiling water over the top of the noodles to cover.
2. **Cover and steep:** Place the lid back on the container. Let the soup steep for 2 to 3 minutes. The ingredients should be warmed through and the soup broth hot.

3. **Stir thoroughly:** Reach your chopsticks or fork deep into the cup and stir everything around thoroughly to mix the flavor base into the water and mix the filler ingredients into the noodles. (Alternatively, you can pour the soup out into a bowl and mix everything there.)
4. **Eat right away!** If you kept your fresh ingredients separate in a bag, scatter them over the top of the soup before eating.

CUP O NOODLES VS. HO'OLA'S JAR OF NOODLES



VS



03003 Unit, 23003 12ct RD
Cup Noodles Chicken Flavor RS

Nutrition Facts	
Serving Size 1 Container (64g)	
Amount Per Serving	
Calories 290	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1070mg	45%
Total Carbohydrate 42g	14%
Dietary Fiber 3g	10%
Sugars 2g	
Protein 6g	
Vitamin A 8%	Vitamin C 2%
Calcium 2%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat. Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, PALM OIL, SALT, DRIED CARROT FLAKE, CONTAINS LESS THAN 2% OF AUTOLYZED YEAST EXTRACT, CITRIC ACID), CONCENTRATED GREEN CABBAGE JUICE, DEXTROSE, DISODIUM GUANYLATE, DISODIUM INOSINATE, DISODIUM SUCCINATE, DRIED CORN, DRIED PARSLEY, EGG WHITE, GARLIC POWDER, HYDROLYZED CORN PROTEIN, HYDROLYZED SOY PROTEIN, LACTOSE, MALTODEXTRIN, NATURAL FLAVOR, ONION POWDER, POTASSIUM CARBONATE, POTASSIUM CHLORIDE, POWDERED CHICKEN, RENDERED CHICKEN FAT, SILICON DIOXIDE, SODIUM ALGINATE, SODIUM CARBONATE, SODIUM GLUCONATE, SODIUM TRIPOLYPHOSPHATE, SOYBEAN, SPIKE AND COLOR, SUCCINIC ACID, SUGAR, TBHQ (PRESERVATIVE), WHEAT.
 CONTAINS WHEAT, SOYBEAN, EGG, AND MILK.

MANUFACTURED BY: NISSIN FOODS (USA) CO., INC. © 2009 W. ROSELAND AVE., GARDENA, CA 90249
 MANUFACTURED IN A FACILITY THAT ALSO PROCESSES PEANUT, TREE NUTS, CRUSTACEAN SHELLFISH, AND FISH PRODUCTS.
 PARTIALLY PRODUCED WITH GENETIC ENGINEERING.
 For the tastiest results, please see lid for recommended cooking directions.

Nutrition Facts	
Serving Size: 1 jar	
Calories	159
Total Fat	6 grams
Saturated Fat	1 gram
Cholesterol	0 grams
Sodium	1015 mg
Total Carbohydrate	15 grams
Dietary Fiber	7 grams
Protein	13 grams

Calculated using 1 teaspoon vegetable base, 1 teaspoon ponzu sauce, 1 teaspoon sriracha sauce, ¼ cup spinach and carrots, ½ cup tofu, 1 cup shirataki noodles, and 1 sprig cilantro.