



Proper spicy pot noodle

 Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



622 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tsp curry paste
- ☐ 3 spring onion chopped
- ☐ 1 large carrots grated
- ☐ 1 serving vegetable stock
- ☐ 1 handful peas frozen
- ☐ 150 g soup noodles

Equipment

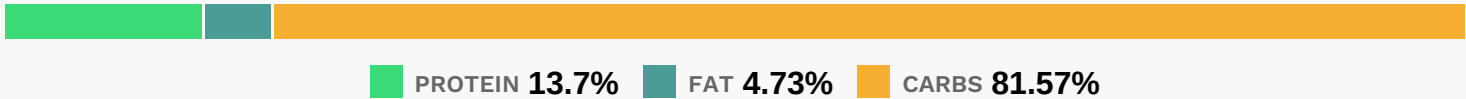
- ☐ bowl

- ☐ frying pan
- ☐ ladle
- ☐ wok

Directions

- ☐ Add the Thai curry paste to a pan and fry over a medium heat for 2 mins. Stir in the spring onions and grated carrot, then cook for 1 min.
- ☐ Pour in a big mugful of hot vegetable or chicken stock and a handful frozen peas. Bring to the boil, then simmer for 2 mins until the carrot is just cooked. Stir in the sachet of straight-to-wok noodles and heat through. Ladle into a mug or a bowl and scatter with sesame seeds, if you like.
- ☐ Serve straight away.

Nutrition Facts



Properties

Glycemic Index:210.17, Glycemic Load:49.25, Inflammation Score:-10, Nutrition Score:27.617391524108%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 621.6kcal (31.08%), Fat: 3.24g (4.98%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 125.59g (41.86%), Net Carbohydrates: 117.41g (42.69%), Sugar: 11.02g (12.25%), Cholesterol: 0mg (0%), Sodium: 1004.67mg (43.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.09g (42.19%), Vitamin A: 14470.44IU (289.41%), Selenium: 95.11µg (135.87%), Vitamin K: 84.42µg (80.4%), Manganese: 1.54mg (77.01%), Fiber: 8.18g (32.72%), Phosphorus: 323.1mg (32.31%), Copper: 0.5mg (24.88%), Magnesium: 95.67mg (23.92%), Potassium: 666.7mg (19.05%), Vitamin B3: 3.47mg (17.34%), Vitamin B6: 0.34mg (16.8%), Iron: 2.97mg (16.51%), Zinc: 2.44mg (16.27%), Folate: 64.37µg (16.09%), Vitamin C: 12.26mg (14.86%), Vitamin B1: 0.2mg (13.67%), Calcium: 95.43mg (9.54%), Vitamin B2: 0.16mg (9.52%), Vitamin B5: 0.87mg (8.71%), Vitamin E: 0.84mg (5.6%)