

**Ingredients**

1. Follow instructions to prepare the noodles, then set aside
  2. Add your favourite herbs/spices to the vegetables in a microwave safe container
  3. Cook in microwave on high for 4-5 mins or until soft but not soggy! – stand for 2 mins
  4. Drain noodles, add to veg, mix and serve
- Mixed vegetables – fresh, frozen or tinned - cut into small cubes
- Packet dried noodles
- Herbs/spices to taste

***'What's Cooking!' Recipe Card******Snack/Treat*****'Not Pot' Noodles!****Preparation time 5 mins****Cooking time 5 mins****FOOD FACT:**

A quick, healthy, appetising alternative – at half the cost! A great recipe to get the children involved.

Ring the changes with different vegetables and flavourings and try serving on rice, pasta, couscous, jacket potatoes etc.