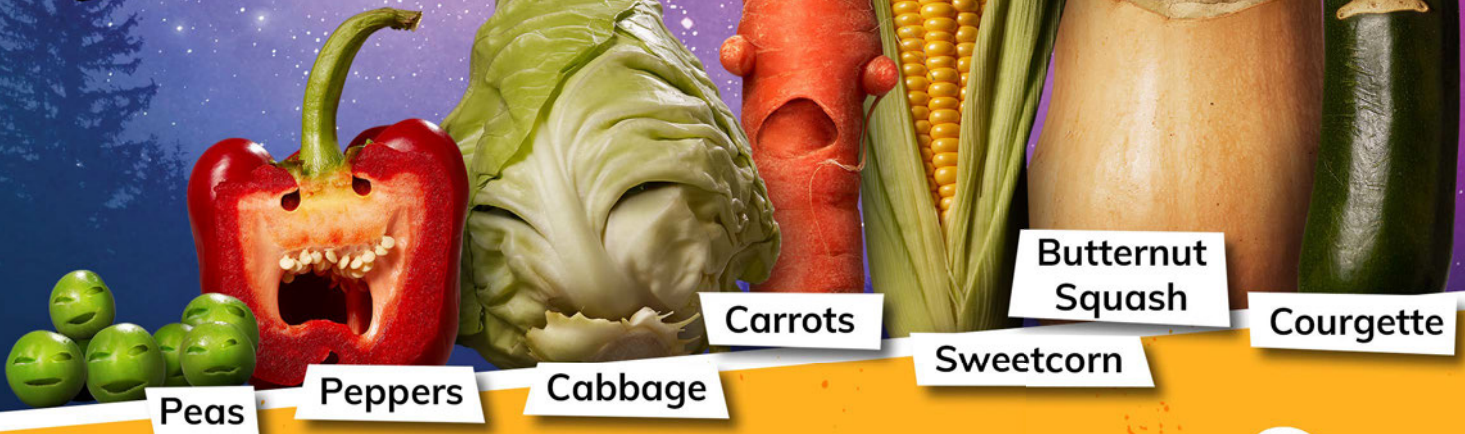


# SOUPA DOOPER NOODLE SHOWDOWN

EAT THEM  
TO DEFEAT THEM

FEATURING



The vegetables have taken over the noodles in **East Asia**.

There are showdowns from China, to Japan and Korea and the kids need your help to defeat their monstrous plan.

Your mission is to help the kids find them, eat them to defeat them and before they slurp down the noodles, say...



TIME FOR A  
SHOWDOWN!





A noodle dish made with your choice of meat or plant-based alternative protein such as Quorn and a good mix of vegetables. The story for the kids is all about slurping your way to victory so we'd like this with a good broth for maximum slurping. We have recommended a noodle soup with plenty of slurp-icious broth.

## Method

Yield 10

Here's our recommended recipe, or you can simply adapt your own recipe – just keep the veg chunky and serve with a reminder to the children to **Eat Them to Defeat Them** and say **“Time for a show down!”**

- 1 Place a suitable pan on the stove to heat and add the oil, chicken or beef, red pepper, peas, sweetcorn, courgette, squash, carrots, and cabbage, continue to cook for two minutes. **If using Quorn Pieces, add to the pan at point 2.**
- 2 Add the water, vegetable bouillon, soy sauce, honey, ginger, and cinnamon to the pan (**and Quorn Pieces, if using**) and bring gently up to a simmer.
- 3 Add the cooked noodles and coriander to the pan and continue to cook until core temperature has been reached.
- 4 **Probe and record temperature - must be above 75 °C.**
- 5 Remove from the stove and evenly portion into suitable serving bowls, making sure there is an equal amount of the broth in each bowl.
- 6 **Serve.**

## Serving suggestions

You can use any noodle dish from East Asia just as long as it has plenty of vegetables.

We'd like this with plenty of broth for maximum slurping.



## Ingredients

### Noodle Soup

- 15ml oil
- 300g chicken, beef or Quorn Pieces
- ½ red pepper, sliced
- 100g peas
- 100g sweetcorn
- 100g courgette, diced
- 100g butternut squash, diced
- 100g carrots, thin strips
- 100g cabbage, green, shredded
- 1 ltr water
- 25g vegetable bouillon
- 30ml soy sauce
- 50g honey
- 1 tsp ground ginger
- ½ tsp ground cinnamon
- 500g noodles, cooked
- 15g coriander, chopped

