

Green Curry Vegetable & Noodle Bowl



A healthy and versatile vegetable dish featuring Japanese udon noodles, eggplant, cilantro and crispy radish coated in an aromatic Thai-style green curry broth.

Yield	6-3/4 oz.
Serves	1
Preparation time	1 minute
Cooking time	3 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
3/4	oz			Japanese Udon noodle, dried	
1	oz	1/2 cup		Eggplant	cooked, diced
1.5	oz	1/2 cup		Green Bell Peppers	cooked, diced
1.5	oz	3 tbsp		Green Curry Broth prepared with Maggi® Thai Style Green Curry Paste 6x14.4oz	(see recipe)
1	tbsp			Cilantro	chopped
.75	oz	1/4 cup		Radishes	

Preparation Steps

1. Prior to service, cook udon noodles according to package directions.
2. Sauté chosen vegetables and/or protein until hot.
3. Add noodles and continue to cook until noodles are hot.
4. Transfer to bowl and sauce with chosen broth.
5. Garnish with herbs and more delicate items.

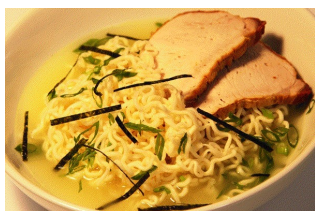
Chef's tip

For an even healthier meal, add guest's choice of protein or main vegetable ingredient for vegetarian fare.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	163.1
Energy (KJ)	704.9
Protein (g)	2.2
Carbohydrate, total (g)	20.1
Fats, total (g)	9.5
Sugars, total (g)	14.3
Fats, saturated (g)	1.3
Fiber, total dietary (g)	2.4
Sodium (mg)	624.4
Calcium (mg)	20.2
Cholesterol (mg)	0
Iron (mg)	0.5
Vitamin A (µg_RAE)	60.5
Vitamin C (mg)	39.2
Vitamin D (µg)	0

Ramen Noodle Bowl



Create classic ramen that is easily customizable with ramen broth, chuka soba noodles, roasted pork, seaweed and scallions.

Yield	10-1/4 oz
Serves	1
Preparation time	1 minute
Cooking time	3 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
6	fl oz	3/4 cup		Ramen Broth - prepared	(see recipe)
2	oz	1/2 cup		Chuka Soba noodles	
2	oz			Pork, fresh, loin, cooked, roasted	sliced
1	ea			Seaweed, raw	cut into 2x2
.25	oz	1/4 cup		Scallion	sliced

Preparation Steps

1. Prior to service, cook soba noodles according to package directions.
2. Sauté protein until hot.
3. Add noodles and continue to cook until noodles are hot.
4. Transfer to bowl and sauce with ramen broth.
5. Garnish with herbs and more delicate items.

Chef's tip

Add a medium hard boiled egg for more adventurous eaters.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	323.2
Energy (Kj)	1433.1
Protein (g)	22.7
Carbohydrate, total (g)	44.1
Fats, total (g)	6
Sugars, total (g)	0.9
Fats, saturated (g)	1.7
Fiber, total dietary (g)	2.4
Sodium (mg)	599.6
Calcium (mg)	18.8
Cholesterol (mg)	46.5
Iron (mg)	0.7
Vitamin A (µg_RAE)	8.9
Vitamin C (mg)	2.2

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

Red Curry Noodle Bowl



A fresh and light noodle bowl featuring Japanese udon noodles, butternut squash, peas, crunchy bean sprouts and bird's eye chilis in a vibrant Thai-style red curry broth.

Yield	5-1/2 oz.
Serves	1
Preparation time	1 minute
Cooking time	3 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
3/4	oz			Japanese Udon noodle, dried	
1	tbsp			Chili peppers, birds eye	sliced
.25	oz	2	tbsp	Scallion	sliced
1.25	oz	1/2	cup	Bean sprouts	
.5	oz	2	tbsp	Peas, green, fresh	sliced
.5	oz	2	tbsp	Butternut squash	diced, blanched
1.5	fl oz	3	tbsp	Red Curry Broth prepared with Maggi® Thai Style Red Curry Paste 6x14.4 oz US	(see recipe)

Preparation Steps

1. Prior to service, cook udon noodles according to package directions.
2. Sauté chosen vegetables until hot.
3. Add noodles and continue to cook until noodles are hot.
4. Transfer to bowl and sauce with chosen sauce or broth.
5. Garnish with herbs and more delicate items.

Chef's tip

For an even healthier meal, add the guest's choice of protein or main vegetable ingredient for vegetarian fare.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	177.9
Energy (KJ)	767.3
Protein (g)	3.6
Carbohydrate, total (g)	22.1
Fats, total (g)	9.8
Sugars, total (g)	15
Fats, saturated (g)	1.3
Fiber, total dietary (g)	2.2
Sodium (mg)	694
Calcium (mg)	26.3
Cholesterol (mg)	0
Iron (mg)	0.9
Vitamin A (µg_RAE)	107.9
Vitamin C (mg)	15.7

Chipotle Marinated Pork Loin



Slow roasted pork tenderloin marinated with a smoky Chipotle rub for an ultra tender, savory result with hints of garlic, grilled onions and latin spices. The marinade owes its firepower to chipotle chiles, which are smoked and quickly grilled for an amazing flavor and a touch of heat.

Yield	9 lbs
Serves	50
Preparation time	2 minutes
Cooking time	30 - 60 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
10	lb			Pork loin	
6	oz	3/4	cup	<u>MINOR'S® Chipotle Flavor Concentrate Gluten Free 6x14.4 oz.</u>	

Preparation Steps

1. Rub pork loin with Chipotle Flavor Concentrate. Marinate, refrigerated, for at least 4 hours.
2. On the day of service, roast at 350°F until doneness is achieved. Allow roast to rest for 10-12 minutes before slicing.

Chef's tip

Rub with marinade the day before service, and marinate overnight.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	138.9
Energy (Kj)	583.4
Protein (g)	19.5
Carbohydrate, total (g)	1.2
Fats, total (g)	5.6
Sugars, total (g)	0.3
Fats, saturated (g)	1.9
Fiber, total dietary (g)	0.1
Sodium (mg)	130.3
Calcium (mg)	18.1
Cholesterol (mg)	53.5
Iron (mg)	0.8
Vitamin A (µg_RAE)	16.6
Vitamin C (mg)	0.6

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

Green Curry Broth



A Thai-style green curry broth starring fragrant hints of lemongrass, garlic and ginger with the right balance of sweet coconut milk, tangy Kaffir lime and spicy chiles.

Yield	3-3/4 qts.
Serves	68
Preparation time	1 minute
Cooking time	15 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
14.4	oz	1	tub	MAGGI® Thai Style Green Curry Paste 6x14.4oz US	
105	fl oz			Coconut milk	

Preparation Steps

1. Sauté Thai Style Green Curry Paste over medium heat for 1-2 minutes.
2. Add coconut milk and whisk thoroughly. Bring to a simmer.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	115
Energy (Kj)	484
Protein (g)	1.2
Carbohydrate, total (g)	3.7
Fats, total (g)	11
Sugars, total (g)	2
Fats, saturated (g)	9.3
Fiber, total dietary (g)	1
Sodium (mg)	304
Calcium (mg)	12
Cholesterol (mg)	0
Iron (mg)	0.8
Fats, monounsaturated (g)	1
Fats, polyunsaturated (g)	0.4
Vitamin A (µg_RAE)	60
Vitamin C (mg)	2.5
Vitamin D (µg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

Ramen Broth

Traditional ramen broth made with kombu, shiitake mushrooms, scallions and Minor's Chicken and Vegetable Bases.

Yield	170 fl.oz.
Serves	28
Preparation time	5 minutes
Cooking time	55 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
160	fl oz	5 qts		Water	
1	oz			Kombu, dried	
1.5	oz	2 tbsp		<u>MINOR'S® Ham Base (No Added MSG) 6x1 lb.</u>	
2	oz	3 tbsp		<u>MINOR'S® Gluten Free Chicken Base made with Natural Ingredients (6x1lb)</u>	
1	oz	2 cups		Shiitake mushrooms, dried	
4	oz	2 cups		Scallions	

Preparation Steps

1. Combine water and kombu and soak for 20 minutes.
2. Whisk in Ham and Chicken Bases and add mushrooms and scallions. Bring to a boil, and then reduce to a simmer. Simmer for 20 minutes or until mushrooms have softened.
3. Strain ramen stock and discard solids.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	13.5
Energy (KJ)	58.5
Protein (g)	0.7
Carbohydrate, total (g)	2.3
Fats, total (g)	0.4
Sugars, total (g)	0.7
Fiber, total dietary (g)	0.6
Sodium (mg)	430
Calcium (mg)	15.7
Cholesterol (mg)	1
Iron (mg)	0.2
Vitamin A (µg_RAE)	3.8
Vitamin C (mg)	1

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

Red Curry Broth



A traditional Thai-style red coconut curry broth with a mild heat balanced by sweet coconut milk and the distinctive flavor cues of earthy dried chiles, garlic, umami-rich fish sauce and ginger.

Yield	3-3/4 qts.
Serves	68
Preparation time	1 minute
Cooking time	15 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
14.5	oz	1	tub	MAGGI® Thai Style Red Curry Paste 6x14.4oz US	
105	fl oz			Coconut milk	

Preparation Steps

1. Sauté Thai Style Red Curry Paste over medium heat for 1-2 minutes.
2. Add coconut milk and whisk thoroughly. Bring to a simmer.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	117.4
Energy (Kj)	495.4
Protein (g)	1.1
Carbohydrate, total (g)	3.7
Fats, total (g)	11.7
Sugars, total (g)	2
Fats, saturated (g)	9.4
Fiber, total dietary (g)	1.1
Sodium (mg)	392.3
Calcium (mg)	9.8
Cholesterol (mg)	0
Iron (mg)	0.8
Fats, monounsaturated (g)	1.2
Fats, polyunsaturated (g)	0.5
Vitamin A (µg_RAE)	27.2
Vitamin C (mg)	2.4
Vitamin D (µg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

NOODLE BOWLS STATION

MENU CONCEPTS

green curry fish

poached cod, green chiles, scallions,
fresh thai basil, and Green Curry broth*
with udon noodles

green curry vegetables

tofu, bean sprouts, eggplant, bell peppers,
cilantro, and Green Curry broth* with
buckwheat soba noodles

red curry scallops

scallops, squash, long beans,
and coconut Red Curry broth* with
vermicelli noodles

red curry vegetables

yukon gold potatoes, thai chiles,
roasted red onions, bamboo shoots,
and Red Curry broth* over
cellophane noodles

shrimp & bean sprout ramen

shrimp, bean sprouts, nori and
ramen broth* with curly noodles

traditional pork ramen

Ancho roasted pork*, julienne carrot,
scallion, ramen broth* and a boiled egg
with ramen noodles

* see recipe under the Noodle Bowl tab

Featured Maggi® Products: [Thai Style Green Curry Paste 6x14.4ozUS](#), [Thai Style Red Curry Paste 6x14.4ozUS](#)
Featured Minor's® Products: [Ancho Flavor Concentrate Gluten Free 6x14.4oz](#), [Fire Roasted Jalapeño Flavor Concentrate Gluten Free 6x13.6ozUS](#) [Natural Gluten Free Chicken Base 6x1lbUS](#), [Ham Base NAMSG 6x1lbUS](#)



NOODLE BOWLS STATION

ORDER GUIDE

Order Guide for 50 Servings

> Dry Goods

- ☐ 3 lbs Asian noodles
- ☐ 3 lbs Asian noodles (alternate variety)
- ☐ 1 oz kombu
- ☐ 1 oz dried shiitake mushrooms
- ☐ 2 cans coconut milk (#10 can size)
- ☐ 2 unique Asian condiments
- ☐ 1 bottle of Maggi® Liquid Seasoning for authentic umami boost (optional)

* Unique condiment ideas: Asian hot sauces, chile oils, chile pastes, fermented and pickled items, fish sauce, nori sheets, and sesame seeds can all be added to increase guest customization.

> Produce

Be sure to ask your distributor about local seasonal produce.

- ☐ 1 lb scallions
- ☐ 8 oz Thai chiles
- ☐ 8 oz cilantro
- ☐ 8 oz radish
- ☐ 3 lbs local seasonal produce^
- ☐ 3 lbs local seasonal produce^
- ☐ 3 lbs local seasonal produce^
- ☐ 3 lbs local seasonal produce^

^ Additional produce ideas: bamboo shoots, bean sprouts, bell peppers, carrots, cauliflower, corn, eggplant, fresh herbs, greens, limes, long beans, onions, peas, shiitake mushrooms, squash, tomatoes, and many other options can all be added to increase guest customization.

> Protein

- ☐ 7 lbs protein>

> Beef, chicken thighs or breasts, fish, pork loin, shellfish, steak or tofu marinated in Minor's Flavor Concentrates or Ready-to-Use Sauces all work well on this station. For increased guest customization, use a combination of meats and let your guests decide which option they would like.

> Refrigerated

- ☐ 1 tub Minor's® Natural Gluten Free Chicken Base
- ☐ 1 tub Minor's Ham Base
- ☐ 2 tubs Minor's Flavor Concentrates for marinating proteins
- ☐ 1 tub Maggi Thai Style Green Curry Paste
- ☐ 1 tub Maggi Thai Style Red Curry Paste

NOODLE BOWLS STATION

PREP GUIDE

Serves: 50

All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.

> Day Before Service

- ☐ Cook 2 varieties of Asian noodles
- ☐ Prepare ramen broth
- ☐ Prepare 3 qts green curry broth
- ☐ Prepare 3 qts red curry broth
- ☐ Secure 2 Asian condiments
- ☐ Secure 1 lbs scallions
- ☐ Secure and marinate 7 lbs protein
- ☐ Secure and prepare 3 lbs local seasonal produce
- ☐ Secure and prepare 3 lbs local seasonal produce
- ☐ Secure and prepare 3 lbs local seasonal produce
- ☐ Secure and prepare 3 lbs local seasonal produce

> Day of Service

- ☐ Cook and slice Minor's® marinated protein
- ☐ Rough chop cilantro
- ☐ Slice radish
- ☐ Slice Thai chiles
- ☐ Wash and slice scallions

> Station Set Up

- ☐ Chaffer for holding protein(s) hot
- ☐ Tongs for proteins
- ☐ 1 gal soup bails for holding broths hot (3)
- ☐ Portion ladles for broths (3)
- ☐ Containers for holding ingredients cold (12)
- ☐ Serving utensils for cold ingredients (12)
- ☐ Risers, point-of-sale materials, and station decorations
- ☐ Clean uniform
- ☐ Gloves
- ☐ Sanitation bucket with towel
- ☐ Additional towels (3)
- ☐ Refuse container