Red Curry Noodle Bowl

Build for noodle bowl station.

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	(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 guests 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

Red Curry Broth

Red curry broth made with Maggi® Red Curry Paste.

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.