

Green Curry Vegetable & Noodle Bowl



Build for Noodle Bowl.

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 a 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



Creative Food and Beverage Solutions

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

Green Curry Broth



Green curry broth made with Maggi® Green 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
14.4	oz		1 tub	<u>MAGGI® Thai Style Green Curry Paste 6x14.4oz US</u>	
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.