

# JANELLE'S ASIAN NOODLE JARS

## **Ingredients:**

Flavor Base: 3tsp of stock paste per jar. Use 'Better than Boullion', Curry paste, Miso paste or your favorite. You can combine these options for a really yummy result!

Extras (just a dash): Choose from: Soy Sauce, Coconut milk, Sriracha, Chili-garlic sauce, Plum sauce, Hoisin or your favorite. Any combo can be mixed, so have some fun!

Protein: Choose from: Ham, Cooked Chicken, Tuna, Hard-boiled Egg, Tofu or your favorite

Veggies: Choose from chopped: Corn, Peas, Carrots, Mushrooms, Cabbage, Spinach, Kimchi or your favorite (anything that needs cooking should be done ahead).

Asian Noodles: Choose from: Udon, Ramen, Soba, Rice or cooked Spaghetti, Fettuccini or your favorite

Fresh Greens: Choose from: cilantro, sliced spring onions, bean sprouts, spinach, parsley or your favorite.

## **Directions:**

Without stirring, layer into clean pint sized jars:

1<sup>st</sup> Flavor Base

2<sup>nd</sup> Extras

3<sup>rd</sup> Proteins

4<sup>th</sup> Veggies

5<sup>th</sup> Noodles

6<sup>th</sup> Fresh Ingredients

Don't fill too full – save a little room to stir.

When you're ready to eat, boil some water (we use the microwave at the closest gas station), let sit 2-3 minutes and eat!