

Singapore Curry Noodles

Ingredients & Cost

Prices are from Aldi & Tesco Supermarkets

- 250g pack of egg noodles, £0.45p
- Soy sauce, £1
- Curry powder, £1
- Broccoli, £0.49
- Carrot, £0.05 bought loose
- Can of peas, £0.27

This is a hearty and filling meal filled with warmth from the curry flavours. The vegetables can be swapped out for whatever you like and can afford. Although the curry powder and soy sauce are initially expensive, they can be used again to make further portions. The variety of vegetables offers a lot of nutrients and vitamins, such as vitamin C in the broccoli. You can stir in some pre-cooked sliced chicken breast if you'd like for some extra protein.

Total: £3.26

This recipe serves 4 people, making the cost 82p per serving.

Timing: 15 minutes.

Equipment

- Plate or sieve
- Spoon
- Mug
- Bowls
- Kettle

Method

1. Boil the kettle.
2. Place the noodles and chopped up vegetables into some bowls (you can do them one after another if you don't have enough bowls).
3. Pour hot water to fill each bowl and leave to stand for a few minutes (you may need to boil the kettle again for the veg and change the water as it cools down quickly).
4. Meanwhile, mix 4 tbsp soy sauce and 1 tbsp curry powder in a mug.
5. Drain the noodles and veg (the water shouldn't burn you as the noodles and veg will have cooled it down) using the plate or a sieve.
6. Drain the peas, then add along with the sauce, then mix well before serving.

