



**Dinner recipe.**  
**Instant noodles**

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## **Preparation.**

1. Put the noodles, tomatoes and parsley in a ziplock.
2. Stick the curry paste and coconut cream in another bag.

## **Instructions.**

3. Boil a cup of water with the curry paste bag
4. Add the noodle bag and wait 3 minutes.

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## **Ingredients.**

- Rice Mihoen, 2.1oz(60gr) 230kcal
- Coconut cream, 1.75oz(50gr) 340kcal
- Green curry paste, 0.35oz(10gr) 6kcal
- Sundried tomatoes, 0.5oz(15gr) 46kcal
- Freeze dried parsley, 0.07oz(2gr) 6kcal

**4.77oz(137gr), 628kcal**

**kcal/oz=131.5**