

Homemade Instant Noodle Cups

Serves 4

Base recipe from [The Kitchen](#)

Ingredients

Per serving:

- 1-3 teaspoons flavor base: soup stock paste, miso, curry paste
- 1-3 teaspoons flavoring extras, optional: chili-garlic sauce, soy sauce or tamari, coconut milk, sesame oil, Sriracha or other hot sauce
- ¼-½ cup filler: frozen corn, carrots, or peas; diced tofu; leftover cooked meat; thinly sliced mushrooms, spinach, or other greens; kimchi; soft- or hard-boiled egg
- ¾-1 cup noodles: cooked: udon, yakisoba, ramen, soba, pasta, rice noodles, or shirataki noodles; dry: vermicelli, ramen or maifun noodles
- ¼-½ cup fresh ingredients: fresh herbs, sliced green onions, bean sprouts, sliced lime or lemon



Directions

Instructions for Assembling the Noodle Cups

1. Place flavor base and flavor extras in the bottom of the cup/jar: If it's a paste, like soup stock or miso paste, spread it around a little so it dissolves more easily once you add the hot water. Also add any flavoring extras.
2. Scatter your filler ingredients over the top of the paste. It's OK if they get mixed in with the flavor base and extras.
3. Pack the noodles down so they're fairly compact. It's fine if they stick together — they will unstick once you add the water.
4. Finish with the fresh ingredients: If you'd like to keep these from getting mixed into the hot soup, pack these into a baggie that can be removed just before you add the water.
5. Place the lid on the container and refrigerate for up to 3-4 days.

Instructions for Cooking the Noodle Cups

1. When you're ready to eat, unscrew the lid and pour enough boiling water over the top of the noodles to cover.
2. Place the lid back over the container. Let the soup steep for 2 to 3 minutes.
3. Reach your chopsticks or fork deep into the cup and stir everything around thoroughly to mix the flavor base into the water and mix the filler ingredients into the noodles. (Alternatively, you can pour the soup out into a bowl and mix everything there.)
4. If you kept your fresh ingredients separate in a bag, scatter them over the top of the soup before eating.

Notes

Be careful! The jar and lid will be very hot. You may need a pot holder to handle the container.

If the contents don't get warm enough or you need more water after it sits, pour the contents into a bowl, adding more water if necessary, cover, and microwave until warm.

Try these combinations:

Miso



- 1 teaspoon bouillon paste
- 1 teaspoon reduced sodium miso
- 1 teaspoon reduced sodium soy sauce or tamari
- ¼ package silken tofu or soft boiled egg
- Shredded carrots
- Spinach
- Corn
- Dried ramen
- Toppings: green onion, seaweed strips, furikake

Kimchi

- 1 teaspoon bouillon paste
- Kimchi
- Optional: gochugaru (Korean chili flakes)
- ¼ package silken tofu
- Thinly sliced shiitake mushrooms
- Dried bean vermicelli
- Topping: green onion



Tom Yum

- 2 teaspoons tom yum paste
- ¼ package silken tofu or cooked shrimp
- 8 cherry tomatoes, halved
- Thinly sliced shiitake mushrooms
- Shredded carrot
- Baby spinach
- Dried ramen
- Toppings: lime wedge, cilantro



Spicy Thai Red Curry

- 1 teaspoon bouillon paste
- 2 teaspoons red curry paste (or other curry, which may be milder)
- Optional: ½ tsp lemongrass powder
- 2-3 tablespoons coconut cream
- ¼ package silken or firm tofu or leftover chicken
- Thinly sliced shiitake mushrooms
- Shredded carrot
- Baby spinach
- Dried ramen
- Topping: Thai Basil



Recipe from [No Cook Meal Prep, Fall 2021](#)