How to Make Your Perfect Noodle Bowl

It’s easy to order takeout during the busy fall season, but the reality is that many of these popular takeout dishes – from shrimp lo mein to beef and broccoli – can be high in salt and unhealthy oils. Instead, make it at home in less time than it takes for delivery to show up.


2. Add a Sauce or Stock. Noodles are meant to soak up sauce. For a soupy noodle bowl, unsalted chicken stock or a flavored broth like Simply Asia Ramen Soy Ginger Chicken Broth is a delicious choice.

3. Flavor! The sky is the limit if you have a properly stocked spice drawer. Measuring tip: Add about 1 teaspoon of herbs and spices per 2 cups broth or 1 cup noodles.

   Common flavor pairings:
   - Ginger, garlic powder, crushed red pepper
   - Cinnamon, ginger, whole cloves, crushed red pepper
   - Thyme, oregano, garlic powder, black pepper
   - Ginger, garlic powder, minced onions, hot chili sauce, fresh cilantro

4. Add veggies... fresh or frozen. From baby bok choy, broccoli, beans, and carrots to corn, spinach, and kale, there’s no limit to the amount of nutritious veggies you can add to your noodle creation. And frozen vegetables work great too! Add them directly into the hot broth on the stove about 3-5 minutes before the cooked noodles.

5. Add an egg or another type of protein. Eggs are a delicious, savory topper for noodle bowls – whether hard boiled or fried. Chicken, fish, shrimp or tofu – adding your favorite protein to a noodle bowl or soup helps provide long-lasting energy.