

Packable Lunches V: Noodle Bowls In A Jar

There are so many things I love about this packable lunch and the top of my list is its versatility. When it comes to lunch preparation, having a base recipe with multiple options is truly a life saver. Whether you pack this delightful lunch along in a mason jar or opt for a wide mouth thermos it will be equally satisfying. (No doubt the glass jar is a gorgeous presentation but it's not so child friendly.)



While this recipe is open for interpretation here's a list of suggested ingredients along with some alternatives:

par-cooked ramen style noodles (gluten free options galore by Lotus Foods)

1 green onion, chopped

1 Tbsp fresh ginger, grated

1/4 cup sautéed shitake mushrooms (or oyster mushrooms, baby bella's, etc)

1/4 – 1/2 carrot, julienned (and/or chopped fresh broccoli, bok choy, fresh spinach)

3 tbsp peas (and/ or shelled edamame)

1 tbsp Tamari (or coconut aminos)

1 tbsp toasted sesame seed oil

1 veggie bouillon cube (I prefer Rapunzel brand) or 2 Tbsp of Miso (I prefer Miso Master)
1-2 tsp spicy chili oil, or Sriracha sauce
1 liter mason jar or wide mouth thermos

Directions are as easy as this:

1. Combine all ingredients in a mason jar, or any other re-sealable jar.
2. To serve, add boiling water just to cover your noodles and veggies- this can be done ahead of time if you are packing it in a wide mouth thermos. Be sure broth cube or miso paste dissolve.
3. Enjoy!

My version here was inspired by Jana's at Nutritionicity.