



# 10 ways with two-minute noodles

Compiled by the UFS



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# Cooking equipment

Equipment needed for this recipe book





# Chicken & mushroom 2-minute noodles

Recipe by: MAGGI®



Preparation Time  
5 min



Cooking Time  
10 min



Servings  
2 Servings



Difficulty  
Intermediate

## INGREDIENTS

- 200 g chicken breast, cut into cubes
- 60 g onion, raw
- 1 packet chicken flavoured 2-minute noodles (73 g)
- 2 tsps. Chopped garlic.
- 2 tsps. Canola oil, for cooking
- 50 g button mushrooms, sliced
- 150 g plain yoghurt
- 2 tsp dried parsley

## METHOD

1. Heat oil in a medium pan, then fry the chicken breast until golden brown for 5-8 minutes and set aside.
2. Heat the oil in the same pan, cook the onions until slightly brown,
3. Add the garlic to the onion in the pan.
5. Then add the mushrooms to the pan and cook until tender.
6. Add the cubed chicken breasts, add 2-minute noodles seasoning to the pan, and give a quick stir.
7. Add in the yoghurt and let the mixture simmer to a thick consistency.
8. Turn off the stove and remove the pan from the heat.
9. Cook the 2-minute noodles according to the packet instructions (cook without the seasoning).
10. When the noodles are cooked, drain the water from the noodles.
11. Add the 2-minute noodles to the pan and sprinkle parsley.



**This dish:**

- Mushrooms are low in fat and salt, making them a great heart-healthy option.
- Mushrooms also contain antioxidants such as polyphenols and beta-glucans, which can help strengthen your immune function.
- Placing mushrooms in the sun for about 15 minutes can increase their vitamin D content, thus making them beneficial for bone health.

Per Serving:

Energy (kJ)	1517 kJ
CHO (g)	27,8 g
Protein (g)	28,7 g
Fat (g)	15 g

**Cost per serving:**

±R21,58

Date 24 April 2025



# Pulled chicken boujee bowl with 2-minute noodles

Recipe by: MAGGI®



Preparation Time  
5 min



Cooking Time  
20 min



Servings  
2 Servings



Difficulty  
Easy

## INGREDIENTS

- 1 carrot, sliced
- 250 g chicken breasts, uncooked
- 1 packet chicken flavoured, 2-minute noodles (73 g)
- ½ cup spinach, raw
- 2 tsps. Canola oil, to cook.
- Salt and pepper, to taste

## METHOD

1. Heat the oil in a pan, and fry the carrot until soft and remove from pan.
2. Next, fry the chicken in the pan until cooked and golden brown.
3. Remove chicken from the pan and shred into pieces using two forks, and set aside.
4. Cook the 2-minute noodles according to the pack instructions (without the seasoning).
5. To plate, start by placing a handful of spinach leaves at the bottom of each bowl.
6. Divide the 2-minute noodles between the two bowls and place on top of the spinach.
7. Add the carrot and chicken on top of the noodles and season with salt and pepper.
8. Enjoy!



### This dish:

- Corn is a good source of both soluble and insoluble fiber, which helps with digestion, promotes a healthy gut, and makes you feel fuller for longer.
- Corn also contains all B vitamins (including folate, niacin, and B6), which benefit brain and heart health.
- The fiber found in corn can also help regulate blood sugar levels and prevent spikes, making it an ideal source of complex carbohydrates for diabetics.

Per Serving:	
Energy (kJ)	2177 kJ
CHO (g)	43,8 g
Protein (g)	37,6 g
Fat (g)	21,5 g

### Cost per serving:

±R20,85

Date 24 April 2025



# Chicken noodle soup

Recipe by: MAGGI®



Preparation Time  
5 min



Cooking Time  
5 min



Servings  
2 servings



Difficulty  
Easy

## INGREDIENTS

- 1 packet chicken flavoured, 2-minute noodles (73 g)
- 650 ml clean water
- 200 g broccoli
- 100 g chicken breast, cubed.
- 1 tsp ground ginger spice

## METHOD

1. Add water to a pot and allow it to boil.
2. Cut chicken breasts into cubes.
3. Add chicken breasts and ginger to the water and boil until the chicken pieces are soft.
4. Add the broccoli, noodles and packet of seasoning to the chicken in the pot.
5. When the soup boils, lower the heat of the stove and allow the soup to simmer for 2 minutes.
6. Serve and enjoy.



**This dish:**

- Broccoli is a powerhouse of vitamins and minerals, such as vitamin C, vitamin K, folate, potassium, and calcium.
- Broccoli contains bioactive compounds called glucosinolates, which may have anti-cancer and anti-inflammatory properties.
- Fiber found in broccoli promotes healthy digestion and keeps bowel movements regular.

### Per Serving:

Energy (kJ)	1698 kJ
CHO (g)	345 g
Protein (g)	25,7 g
Fat (g)	17,9 g

### Cost per serving:

±R17,99

Date 24 April 2025



# Garlic 2-minute noodle stir fry



Preparation Time  
5 min



Cooking Time  
15 hours



Servings  
2 Servings



Difficulty  
Intermediate

## INGREDIENTS

- 1 packet, 2-minute noodles (73 g)
- 2 tps canola oil, for cooking.
- 5 cloves of garlic, minced.
- ½ onion, chopped.
- 200 g tinned lentils, drained.
- 2 cups mixed vegetables, defrosted.
- 2 tablespoons sauce of choice (e.g. sweet chili)
- Salt and pepper, to taste.



**This dish:**

- Garlic contains the compound allicin, which has antibacterial and antiviral properties that may help fight off infections.
- Lentils are a great source of plant protein, containing no fat and plenty of fiber, making you feel fuller for longer while supporting healthy digestion and lowering cholesterol.

## METHOD

1. Heat the oil to a pan and fry the onions for around 2 minutes until translucent.
3. Add the vegetables to the pan and cook for 5-7 minutes, until they are tender to your liking, then add the lentils.
4. Finally, add the garlic and fry for an additional minute, until fragrant.
5. Cook the 2-minute noodles as instructed by the package instructions (without adding the seasoning), and drain the water.
6. Add the cooked noodles to the pan and pour over the sauce of choice, then mix well with a spatula.
6. Cook for an additional 2-3 minutes, until the noodles are coated in the sauce.
7. Turn the heat off and divide into serving bowls, and serve warm.

Per Serving:

Energy (kJ)	1229 kJ
CHO (g)	44,4 g
Protein (g)	10,7 g
Fat (g)	8 g

**Cost per serving:**

±R27,41

Date 24 April 2025



# 2-minute noodles with broccoli and a soft-boiled egg



Preparation Time  
5 min



Cooking Time  
5 min



Servings  
1 Serving



Difficulty  
Easy

## INGREDIENTS

- 3 cups water
- 1 large egg
- 1 cup broccoli
- 1 package 2-minute noodles (73 g)

## METHOD

1. Boil water in a pot.
2. Place the egg in the pot with enough water to just cover the egg.
3. Bring to a boil and remove from the heat.
4. Let stand for 2-3 minutes for the perfect soft-set yolks.
5. Again, bring other water to a boil in a medium pot.
6. Add the broccoli and cook for 2 minutes.
7. Add the noodles to the pot (do not add the seasoning), and cook until the noodles are soft.
8. Drain the broccoli and noodles and return them to the pan.
9. Add half of the seasoning packet (discard the remainder); stir well to combine.
6. Transfer to a bowl; top with the peeled egg (cut in half) and enjoy.



**This dish:**

- Eggs are a good source of high-quality protein, meaning they contain all 9 essential amino acids that the body needs but cannot produce. This makes them an excellent source for building and repairing tissues, supporting muscle function, and keeping you feeling fuller for longer.
- Eggs are also abundant in the nutrient choline, which is important for brain health and cognitive function.

Per Serving:	
Energy (kJ)	1585 kJ
CHO (g)	42 g
Protein (g)	17,6 g
Fat (g)	15,4 g

**Cost per serving:**

±R15,12

Date 24 April 2025



## 2-Minute noodle salad



Preparation Time  
10 min



Cooking Time  
5 min



Servings  
2 servings



Difficulty  
Easy

### INGREDIENTS

For the salad:

- 1 packet 2-minute noodles (73 g)
- 1 cup frozen green peas
- ½ cup grated cabbage
- ½ cup grated carrots.
- 1 orange, sliced
- salad dressing of choice.
- Salt and pepper to taste.

### METHOD

1. Boil water in a pot.
2. Add the peas to boiling water and cook for 2 minutes.
3. Add the noodles to the pot (do not add the seasoning), and cook until the noodles are soft.
4. Drain the peas and noodles and dish in a serving bowl..
5. Add the cabbage and carrots to the cooked peas and noodles.
6. Drizzle the salad dressing over the top, then stir to combine.
7. Sprinkle the sliced oranges over the top, then refrigerate until ready to serve.



**This dish:**

- Oranges are an excellent source of vitamin C, a crucial nutrient for immune function, collagen production, and skin health.
- Cabbage is a cruciferous vegetable that contains compounds like isothiocyanates that have been linked to reducing cancer risk.
- This salad is packed with fiber, leaving you feeling fuller for longer. Feel free to pair it with a protein source such as a skinless chicken breast, boiled egg, or lentils to increase the protein content.

Per Serving:

Energy (kJ)	1281 kJ
CHO (g)	42,8 g
Protein (g)	9 g
Fat (g)	10,9 g

**Cost per serving:**

±R20,04

Date 24 April 2025



# Asian mince stew



Preparation Time  
7 min



Cooking Time  
8 min



Servings  
2 servings



Difficulty  
Intermediate

## INGREDIENTS

- 2 tsps canola oil.
- ½ onion, sliced.
- 2 garlic cloves, minced.
- 1 carrot, sliced thinly.
- 200 g lean beef mince
- 1 ¼ cups water
- 100 g broccoli, boiled.
- 2 tsps. sauce of your choice (e.g. sweet chilli)
- Salt and pepper, to taste.
- 1 packet 2-minute noodles (do not use seasoning).

## METHOD

1. Heat the oil in a pan over high heat.
2. Add the onion and garlic, cook until golden brown.
3. Add the carrots and cook until tender.
4. Then add the mince and cook, breaking it up as you go, until it changes from pink to light brown.
5. Add water to the cooked mince and vegetables in the pot.
6. When the stew boils, add noodles and broccoli and cook until soft.
7. Add the sauce of your choice and cook for 2-3 minutes.
6. Serve and enjoy!.



**This dish:**

- Broccoli is rich in antioxidants that protect cells from damage and may slow down the aging process.
- Beta-carotene, lutein, and zeaxanthin in broccoli can protect eye cells and promote healthy vision.
- Beef mince is an excellent source of good-quality protein to add to the diet. If possible, try to buy lean or fat-reduced mince instead of regular.

Per Serving:

Energy (kJ)	2443 kJ
CHO (g)	29,7 g
Protein (g)	27,9 g
Fat (g)	39,5 g

**Cost per serving:**

±R22,69

Date 24 April 2025



# Creamy noodle soup

Recipe by: MAGGI®



Preparation Time  
5 min



Cooking Time  
10



Servings  
2 servings



Difficulty  
Intermediate

## INGREDIENTS

- 2 tsps. Canola oil, to cook.
- ½ onion, chopped
- 2 gloves of garlic, minced.
- 2 tsps. Paprika
- 1 carrot, sliced.
- 2 baby marrows, sliced.
- ½ cup water
- ½ packet cream of chicken soup powder (25 g)
- 1 packet 2-minute noodles
- 205 g butter beans, canned.
- 150 ml fresh cooking cream
- 2 tsps. Dried parsley.

## METHOD

1. In a pot, heat the oil and add the chopped onion and minced garlic.
2. Cook the onion and garlic until golden brown.
3. Add paprika, sliced carrots and baby marrows and cook further for about 15 minutes.
3. Add water and soup powder to the cooked vegetables in the pot.
4. When the soup boils, add noodles and beans and cook until soft.
5. When the soup boils again, add cooking cream and stir for a minute.
6. Turn off the stove and remove the pan from the heat.
7. Serve hot and garnish with parsley, enjoy.



**This dish:**

- Baby marrow has a great fiber and water content, which aids in digestion and can promote a healthy gut microbiome.
- Baby marrow is also very low in energy, making it a great addition to meals to manage weight.
- Alongside carrots' eye-health benefits, the vitamins A and C found in carrots are also great for supporting the immune system and protecting the body from infections.

Per Serving:

Energy (kJ)	1827 kJ
CHO (g)	47,3 g
Protein (g)	12,9 g
Fat (g)	21,8 g

**Cost per serving:**

±R26,43

Date 24 April 2025



# Savoury 2-minute noodle fritters

Recipe by: MAGGI®



Preparation Time  
5 min



Cooking Time  
10 min



Servings  
2 servings



Difficulty  
Easy

## INGREDIENTS

- 1 packet beef beef-flavoured, 2-minute noodles.
- 2 tsps. Canola oil, to cook.
- 1 fresh egg.
- ½ can pilchards
- ¼ cup spinach, chopped
- 1 carrot, grated.
- ½ onion, chopped.
- Salt and pepper, to taste.

## METHOD

1. Break the noodle cake into quarters; place in a medium pot, cover with boiling water, and cook for 2 minutes. Drain well.
2. Combine half the sachet of seasoning with the egg in a bowl.
3. Add the pilchards, spinach, carrot, onion, and noodles, mix well.
4. Heat oil in a large frying pan; drop ¼ cup of the mixture into the pan; cook 1 minute on each side until golden and the egg is set. Repeat with the remaining mixture.
5. Serve hot.



**This dish:**

- Sweet/Bell peppers are a powerhouse of antioxidants, containing vitamin C, vitamin E, and beta-carotene, which helps to protect cells from damage caused by free radicals.
- Red bell peppers are also considered to have the highest nutrient content, compared to the other coloured bell peppers, including vitamin C and beta-carotene.

Per Serving:	
Energy (kJ)	1668 kJ
CHO (g)	29 g
Protein (g)	27,4 g
Fat (g)	19,2 g

**Cost per serving:**

±R18,09

Date 24 April 2025



# Easy cheesy 2-minute noodles



Preparation Time  
10 min



Cooking Time  
10 min



Servings  
2 servings



Difficulty  
Easy

## INGREDIENTS

- 2 tsps. Canola oil, to cook.
- 4 slices of ham, roughly chopped.
- 2 tsps. Plain flour
- 1 ½ packets chicken flavoured, 2-minute noodles (146 g)
- ½ cup fresh milk
- ½ cup frozen green peas
- ¾ cup grated cheddar cheese.
- 1 tsp dried parsley
- Salt and pepper, to taste.



**This dish:**

- Green peas are a good source of plant protein, making them a valuable addition to a balanced diet.
- Green peas are also rich in vitamins A, C, and K, as well as essential minerals like folate, magnesium, and potassium, making them a heart-healthy option.

## METHOD

1. Heat oil in a large frying pan over medium heat. Add the onion and ham. Cook, stirring occasionally, for 5 minutes or until the onion softens.
2. Transfer 1 tablespoon of the onion mixture to a small bowl. Cover to keep warm.
3. Add flour and ½ of the chicken flavoring sachet from the noodles to the pan (discard the remaining flavor sachets). Cook, stirring, for 1 minute. Reduce heat.
4. Gradually stir in the milk and ¼ cup of water. Bring to a simmer. Add the noodles and cook, stirring occasionally to break up the noodles, for 2 minutes or until the noodles are tender.
5. Add the green peas and cheese. Cook for a further 1-2 minutes or until the peas are bright green and tender.
6. Add parsley to the reserved onion mixture.
7. Season with salt and pepper and toss to combine.
8. Remove the noodles from the heat and sprinkle with the onion mixture. Serve immediately.

Per Serving:

Energy (kJ)	2199 kJ
CHO (g)	48,3 g
Protein (g)	23,9 g
Fat (g)	26,3 g

**Cost per serving:**

±R27,24

Date 22 April 2025

# Thank you



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