

Noodles have been a staple for thousands of years in Asia, the middle east and, more recently, Europe. The precise date and country of origin is still the subject of debate, but today noodles are eaten around the world.

Noodles can be easily and quickly prepared and served with a range of ingredients. Do you have leftover meat or vegetables from yesterday's dinner? Try serving them over noodles in a broth.

The recipes that accompany this lesson can be made with any of the noodles listed in this fact card. If you have special dietary needs, use the symbols to find noodles that match your diet.

Ninja Fact Card: Noodles

What are noodles made of?



Most noodles are made from wheat flour and eggs or water. Noodles can also be made from buckwheat, millet, beans, konjac root, rice or kelp.

Serving size

Dried: approx. 90g per person
Fresh: approx. 115g per person

Eight Types of Noodles



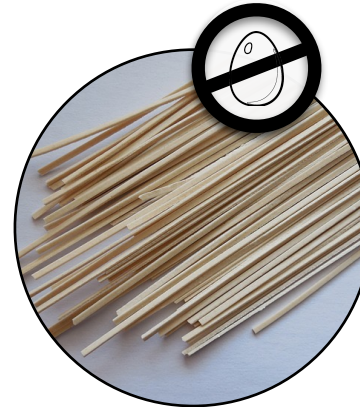
Udon noodles

Thick udon noodles are popular in asian noodle soups or cold noodle bowls.



Spaghetti/Angel hair pasta

This versatile pasta can be used for both western and asian dishes.



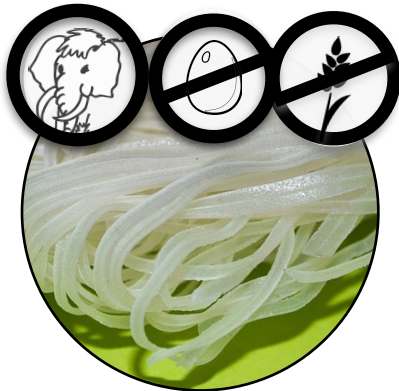
Somen noodles

Somen noodles are made from wheat and water. Dried somen are often wrapped in bundles.



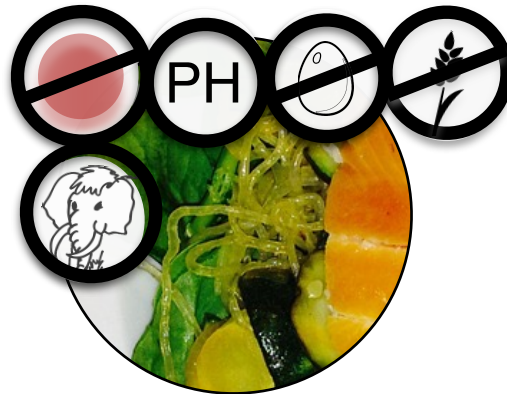
Egg noodles

Chinese-style egg noodles are popular in many asian dishes.



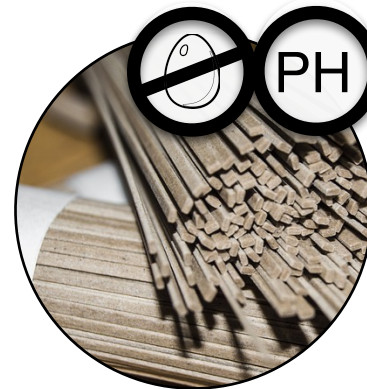
Shirataki noodles

Made from Konjac root, these noodles are very low in carbohydrates. They are popular in low-carb diets.



Kelp noodles

Nutritious, low-carb noodles made from Kelp (seaweed).



Soba noodles

Made from a mix of buckwheat and wheat. Pure buckwheat soba is gluten free.



Rice noodles

Gluten-free rice noodles are popular in many asian dishes.