

RECIPE OF 30 DISHES

ENJOY A GOOD MEAL IS DAILY ESSENTIAL IN OUR LIFE. WU MU EXPERIENCE LIFE OF TASTY NOODLES WITH YOU.





2 CHICKEN CONSOMMÉ NOODLES 3 CHILLED SOBA WITH NAGAIMO (YAM) 4 GRILLED CHICKEN AND SOBA CAESAR SALAD 5 RATATOUILLE WITH RED QUINOA NOODLES 14 O2 AFFECTION FOR SOMEONE LIKES SOME FLAVORS THAT DESERVE YOU TASTE AGAIN AND AGAIN. 6 CHICKEN CURRY RAMEN 7 BEEF STROGANOFF WITH OAT NOODLES 8 SPINACH NOODLE CASSEROLE 9 CREAMY SESAME PORK NOODLES 10 SCALLOPS TSUKEMEN 26 O3 AS WE GROW UP, WE REALIZE THAT EVER ORDINARY DAILY LIFE IS WHAT WE LONGING FOR. 11 JAPANESE STYLE PAN-FRIED NOODLES 12 PAN-FRIED BEEF NOODLES 13 KOREAN JJAMPPONG (HODGEPODGE) 14 PAN-FRIED NOODLES WITH KIMCHI 6 BEEF 15 SEAFOOD NOODLE SWITH KIMCHI 6 BEEF 16 BURNING NOODLES 17 SICHUAN BOILED BEEF NOODLES 18 SPICY FUNGUS COLD NOODLES 19 SPICY FUNGUS COLD NOODLES 19 SPICY FUNGUS COLD NOODLES	O1 MINIMALIST LIFE IMPLIES THE MOST ATTRACTING CLASSIC.	4
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Minimalist life implies the most attracting classic.

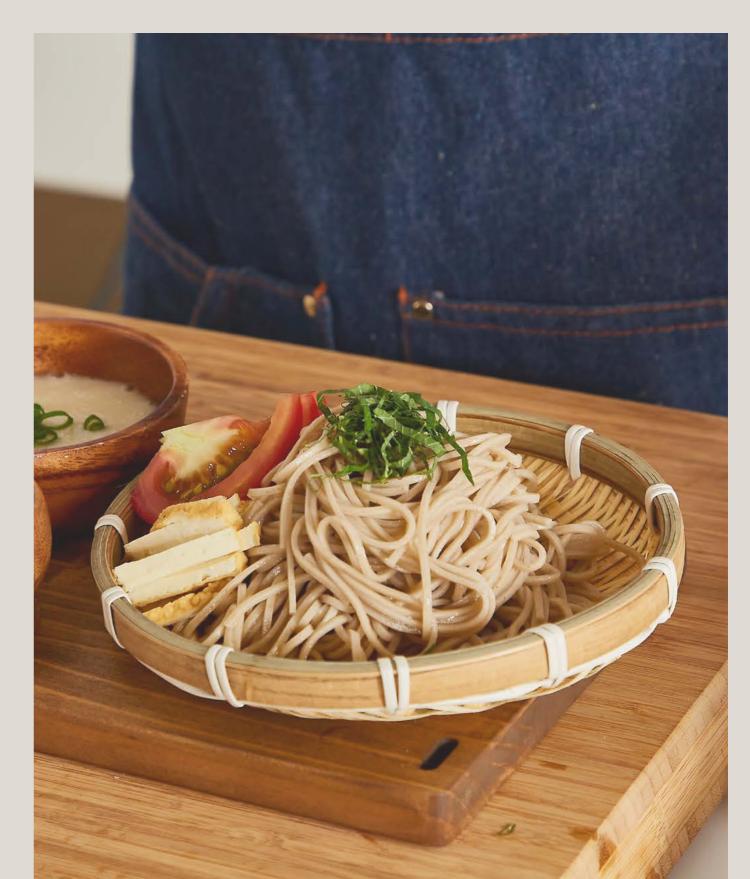
Sometimes origin flavor savors of purity.

Declutter your life and mind, then experience every detail of life again.

Be simple, be your taste.

MEAL ITEM LIST

- CLAM SOUP NOODLES
- ² CHICKEN CONSOMMÉ NOODLES
- ³ CHILLED SOBA WITH NAGAIMO (YAM)
- ⁴ GRILLED CHICKEN AND SOBA CAESAR SALAD
- ⁵ RATATOUILLE WITH RED QUINOA NOODLES



• CLAM	200G
SEAFOOD STOCK	50ML
SHIITAKE SOY SAUCE	1/2
• SAKE	1/2
GENDER GINGER (SHRED)	10G
SCALLION (CHOPPED)	10G
SESAME OIL	3G
 LANZHOU NOODLES 	75G

STEP 1.

Cook the noodles in a large pan of boiling water according to the packet instructions, stirring occasionally. Drain.

STEP 2.

Bring the stock to a boil in a large soup pot. Add clam and cook for 3 to 4 minutes until all the clams are fully opened. Season with salt.

STEP 3.

Place cooked noodles in a deep serving bowl. Ladle in hot broth.

STEP 4.

Top with clam. Sprinkle with scallions and ginger. Dress with sake and sesame oil before serving.











CHICKEN BREAST	1/2
• EGG	1
• CELERY	50G
GARLIC SPROUTS	1/2
• CARROT	50G
THIN KAN TON NOODLE	75G

STEP 1.	Purée chicken breast, egg white, celery, garlic sprouts, a	nd
OILI I.	carrot with food processor	

STEP 2.	Add chicken broth and chicken puree of step 1 together.
	Turn the stove to low heat for making chicken consommé.

STEP 3.	After 30 minutes of low heat boiling, use a napkin to filte
J	the ingredients for chicken consommé.

STEP 4.	Salt the chicken breast with rosemary, black pepper, and
	olive oil and fry till gold.

STEP 5. Cook the noodles in a large pan of boiling water according to the packet instructions, stirring occasionally. Drain.

STEP 6. Add boiled noodles into a ball.

Put in fried chicken breast and chicken consommé.

THIN KAN TON NOODLE 2.5LBS / PER PACK





- STEP 1. Cook the soba in a large pan of boiling water according to the packet instructions, stirring occasionally.

 Drain well and immediately refresh in cold water, then drain well and pat dry.
- **STEP 2.** Mix bonito stock, mirin, and shiitake soy sauce.
- STEP 3. Place iced and drained saba on serving plate.

 Top with scallion, ginger mud, wasabi, and shinchimi.
- STEP 4. Besides the serving plate, set nagaimo mud in a serving bowl, and seasoned stock in another bowl.
- STEP 5. Before serving, slowly pour some dipping sauce into the yam puree until the saltiness you like.

BUCKWHEAT NOODLES 320G / PER PACK

Grilled Chicken & Soba Caesar Salad



INGREDIENTS:

ROMAINE LETTUCE	1
CAESAR DRESSING	2TSP
CHICKEN BREAST	1/2
RASHERS OF SMOKED STREAKY BACON	1
PARMIGIANO-REGGIANO	1
BUCKWHEAT NOODLE (SOBA)	80G

STEP 1.

Have lettuce iced. Cook the buckwheat noodle in a large pan of boiling water according to the packet instructions, stirring occasionally.

STEP 2.

While the buckwheat noodles is cooking, chopped bacon and fry till colored.

STEP 3.

Have the boiled buckwheat noodle iced and then drain the noodle.

STEP 4.

Fry the chicken breast till colored, and julienne.

STEP 5.

Stir iced soba, Caesar dressing, and julienne chicken.

STEP 6.

Put soba salad, chicken, and bacon on lettuce. Add Parmigiano-Reggiano on the top.







•	ZUCCHINI (FINELY CHOPPED)	1/3
•	EGGPLANT (FINELY CHOPPED)	1/3
•	ONION (MINCED)	1/2
•	TOMATO (FINELY CHOPPED)	1
•	RED PEPPER (GRILLED)	1/2
•	YELLOW PEPPER (GRILLED)	1/2
•	CHEESE POWDER	10G
•	TOMATO PUREE	100G
•	BASIL LEAVES (CHOPPED)	6
•	SEA SALT	-
•	FINELY GROUND BLACK PEPPER	-
•	RED QUINOA NOODLES	75G

STEP 1.

Cook the noodles in a large pan of boiling water according to the packet instructions, stirring occasionally. Drain.

STEP 2.

Heat 1 tsp of olive oil in a frying pan over a medium heat until hot. Add onion, zucchini, eggplant, and peppers until soft and fragrant.

STEP 3.

Add water and tomato puree and cook over a low-medium heat for 3 minutes.

STEP 4.

Add cooked noodles. Turn and toss with tongs to coat the noodles thoroughly.

STEP 5.

Remove from the heat and toss the noodles once more with the basil leaves.







Affection for someone likes

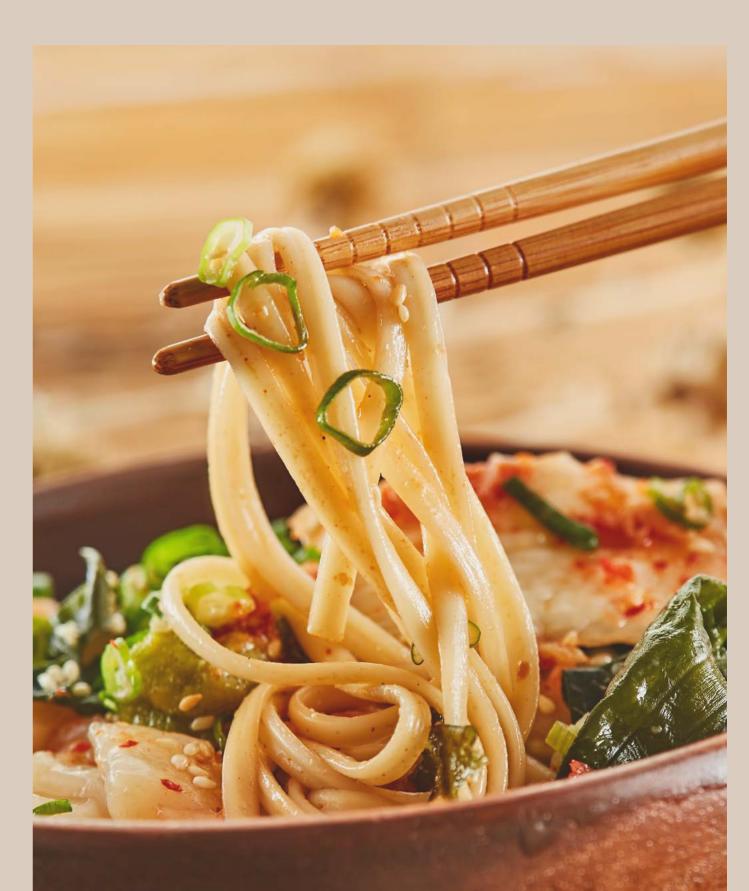
some flavors that deserve you taste again and again.

People always say I am value in relationships. I always cherish memories and stuffs in the past. Life is like a sense of savor on which every person leaves a mark.

Rich and savory always leave lingering aftertaste.

MEAL ITEM LIST

- 6 CHICKEN CURRY RAMEN
- ⁷ BEEF STROGANOFF WITH OAT NOODLES
- ⁸ SPINACH NOODLE CASSEROLE
- ⁹ CREAMY SESAME PORK NOODLES
- ¹⁰ SCALLOPS TSUKEMEN



6/30 Chicken Curry Ramen SANXI NOODLES 2.5LBS / PER PACK

STEP 1.

Marinate chicken breast with sake for 30 minutes. Cook the noodles in a large pan of boiling water according to the packet instructions, stirring occasionally. Drain.

STEP 2.

Heat oil in a pan over medium heat.

Add chicken breast and cook, until brown.

Add onion, carrot, and potato, stir.

STEP 3.

Pour water and add curry powder, cook and stir occasionally for about 2 to 3 minutes.

STEP 4.

Season with mirin, soy sauce, salt, and flour, and cook for 2 minutes. Add soy milk.

STEP 5.

Place noodles on serving plate. Ladle with curry sauce. Top with chicken, carrot, and potato.

•	VEGETABLE OIL	1TSP
•	CHICKEN BREAST (SLICED)	100G
•	ONION (CHOPPED)	1/2
•	SAKE	1TSP
•	CHICKEN STOCK	500ML
•	MIRIN	1TBSP
•	SOY SAUCE	1TSP
•	SALT	1/4
•	WHEAT FLOUR	3TSP
•	CURRY POWDER	1½
•	SOY MILK	50ML
•	CARROT (CHOPPED)	1/4
•	POTATO (CHOPPED)	1/2
•	SANXI NOODLES	75G







•	RED/YELLOW PEPPER	1/2
•	BEEF FILET	1500
•	CRÈME FRAÎCHE	2TSF
•	ONION	1//
•	GARLIC (PEELED AND SLICED)	2
•	SMALL HANDFUL	1
	OF FRESH BASIL LEAVES	
•	TOMATO PUREE	1 CUF
•	OAT NOODLE	750

STEP 1.

Chop onion and slice garlic. Julienne the beef.

STEP 2.

Turn the stove to low heat, and stir onion and garlic.

STEP 3.

Fry the beef until browned, then add tomato puree. Add water and basil and boil.

STEP 4.

Add boiled noodles into sauce till sauce deduced. Pour on crème fraîche.













SPINACH FLAVOR RAMEN 504G / PER PACK

•	POTATO	2
•	PARMESAN (GRATED)	40G
•	PROSCUITTO	60G
•	DAIRY WHIPPING CREAM	1 CUP
•	SEA SALT	-
•	FRESHLY GROUND BLACK PEPPER	-
•	SPINACH RAMEN PIECE	1

- **STEP 1.** Pill and slice potato.
- STEP 2. Heat the cream, add black pepper and salt. Brush butter and garlic bakeware.
- STEP 3. Put on sliced potato, boiled spinach ramen, Parmigiano-Reggiano, and Proscuitto in sequence.
- STEP 4. Add heated cream.
- STEP 5. Add Parmesan on the top. Preheat the oven with 250°C and bake with 160°C for 30 minutes.



STEP 1.

Cook the noodles in a large pan of boiling water according to the packet instructions, stirring occasionally. Drain.

STEP 2.

Season the pork with salt, black pepper, and miso.

STEP 3.

Heat olive oil in a skillet or wok over medium heat and pork. Cook the pork until lightly golden brown.

STEP 4.

Cook onion until soft, then add water, sesame paste. Season well with salt and pepper.

STEP 5.

Add cooked noodles to the skillet and boil for 2 minutes with sauce.

STEP 6.

Arrange the noodles in a deep serving plate. Ladle the port and sauce all across the noodles. Top with diced nuts and scallion.

•	MIXED NUTS (BAKE AND DICED)	30G
•	OLIVE OIL	1TSP
•	SESAME PASTE PACKAGE	1
•	ONION (ROUGHLY CHOPPED)	20G
•	SCALLION (FINELY CHOPPED)	10G
•	WHIPPING CREAM	30G
•	MISO	5G
•	SALT	-
•	FRESHLY GROUND BLACK PEPPER	-
•	PORK COLLAR BUTT (SLICED)	50G
•	NOODLES	75G







SCALLOPS TSUKEMEN

10/30 Scallops Tsukemen SESAME PASTE **FLAVOR NOODLES** 204G / PER PACK

STEP 1.

Cook the noodles in a large pan of boiling water according to the packet instructions, stirring occasionally. Drain well and immediately refresh in cold water, then drain well and pat dry.

STEP 2.

Season scallops with shiitake soy sauce. Then finely diced into 1cm cube.

STEP 3.

Soak kelp sprouts with cold water in a bowl.

STEP 4.

Mix shiitake soy sauce, Japanese sesame salad sauce, and sesame paste package together.

STEP 5.

Set a bowl and place drained and cooled noodles inside. Pour the mixed sauce.

STEP 6.

Top with sliced scallops and kelp spouts. Garnish with white sesame and chopped scallion before serving.

SCALLOPS	2-3
SEA SALT AND WHITE SESAME	-
KELP SPROUTS	5G
WASABI	5G
KOREAN KIMCHI	15G
(ROUGHLY CHOPPED)	
SHIITAKE SOY SAUCE	10G
JAPANESE SESAME SALAD SAUCE	10G
SESAME PASTE PACKAGE	1
SCALLION (FINELY CHOPPED)	-
NOODLES	80G







we realize that ever ordinary daily life is what we longing for.

Working nine to five, taking the same bus, eating meals with no change day by day, it is so called ordinary daily, but it seems the most difficult one maintaining balance.

You may miss the ever ordinary.

MEAL ITEM LIST

- 11 JAPANESE STYLE PAN-FRIED NOODLES
- 12 PAN-FRIED BEEF NOODLES
- 13 KOREAN JJAMPPONG (HODGEPODGE)
- ¹⁴ PAN-FRIED NOODLES WITH KIMCHI & BEEF
- ¹⁵ SEAFOOD NOODLE PANCAKE



•	ONION (SLICED)	1 /4
•	BROWN BEECH MUSHROOM	1/4
•	CHIKUWA	50G
	(CUT INTO 3 TO 4CM LENGTH)	
•	SAKE	15G
•	SHIITAKE SOY SAUCE	8G
•	SUGAR	8G
•	HANDFUL BONITO FLAKES	1
•	EGG	1
•	HANDFUL SEA TESS	1
•	PORK (FINELY SLICED)	50G
•	SCALLION (CHOPPED)	1
•	RED PEPPER (CUT AND SLICED)	1/4
•	TONKATSU SAUCE	30G
•	SHANGHAI NOODLES	75G









STEP 1.

Cook the noodles in a large pan of boiling water according to the packet instructions, stirring occasionally. Drain.

STEP 2.

In a bowl, mix shiitake soy sauce, tonkatsu sauce, and sugar. Set aside.

STEP 3.

Heat the oil in a large skillet or wok over medium heat. Add scallion, brown beech mushroom, red pepper, onion, cook until soft.

STEP 4.

Add pork and cook along with a pinch of salt.

STEP 5.

Drop in the cooked noodles and stir briskly. Season with mixed sauce. Allow the noodles fully absorb the sauce that there's no liquid in the pan.

STEP 6.

Remove to the serving plate.

STEP 7.

Top with scallion, sea tess, and bonito flakes. Aside with Sunny-side-up egg.

PAN-FRIED BEEF NOODLES

12/30 Pan-Fried eef Noodles YOLK NOODLES

STEP 1.

Marinate beef with white pepper, soy sauce, Shaoxing wine, and corn starch for 20 minutes.

STEP 2.

Soak the dried shiitake mushroom in warm water to cover for 5 to 10 minutes. Drain and sliced.

STEP 3.

Cook the noodles in a large pan of boiling water according to the packet instructions, stirring occasionally. Drain.

STEP 4.

Heat the oil in a skillet or wok over medium heat. Add beef and cook. Remove from the wok and set aside.

STEP 5.

In the same wok, add mushroom and cook until fragrant. Add soybean sprouts and stir frequently for 30 seconds, then remove from the wok and set aside.

STEP 6.

Add noodles, soy sauce, oyster sauce, old soy sauce, and sugar and cook, stirring frequently, until all the noodles are mostly coated withy sauce. Add beef and vegetables and rook, stirring occasionally, until the noodles fully absorb the sauce so that there's no liquid in the pan.

STEP 7.

Transfer to a serving dish and serve.

INGREDIENTS:

•	SHIITAKE MUSHROOM	2
	(STEEK AND SLICED)	
•	VEGETABLE OIL	30G
•	SOY SAUCE	½TSP
•	OYSTER SAUCE	1TSP
•	SUGAR	⅓TSP
•	OLD SOY SAUCE	½TSP
•	SOYBEAN SPROUTS	30G
•	BEEF (FINELY SLICED)	80G
•	YOLK NOODLES	75G

MARINADE MATERIALS.

1/4TSF
⁴⁄₄TSF
1/2TSF
1TSF









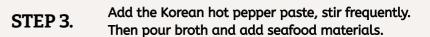


ORIGINAL FLAVOR RAMEN
504G / PER PACK

RAMEN PIECE	1			
PORK (SLICED)	45G	•	ONION (SLICED)	1/4
SHRIMP (SHELLED AND CUT)	2	•	BABY CHINESE CABBAGE (CHOPPED)	1/2
FISH FILLET (SLICED)	50G	•	GARLIC (SLICED)	15G
CUTTLEFISH (SLICED)	50G	•	CHICKEN BROTH	50ML
SCALLION (CUT INTO 3-4 CM LENGTH)	1	•	KOREAN HOT PEPPER PASTE	1½TBSP
MUSHROOM (SLICED)	1	•	SOY SAUCE	1/2TSP
FUNGUS (SHRED)	40G	•	OYSTER SAUCE	1/2

STEP 1.	Cook the noodles in a large pan of boiling water according
	to the packet instructions, stirring occasionally, Drain

STEP 2.	Heat the oil in a wok over medium heat. Add the garlic
SILP Z.	and pork, cook and stir occasionally. Add onion, baby
	Chinese cabbage, and fungus, cook for 1 to 2 minutes.



STEP 4.	Add scallion and mushroom, seasoning with oyster sauce
	and sov sauce. Cook for about 1 minutes.

STEP 5	Remove from he heat and ladle into bowl of serving.





•	RAMEN PIECE	1
•	BEEF (SLICED)	800
•	KOREAN KIMCHI	800
•	ONION (SLICED)	1/
•	GREEN GARLIC (FINELY SLICED)	1
•	GARLIC (MINCED)	200
•	KOREAN HOT PEPPER PASTE	1TBSF
•	CHICKEN OR BEEF BROTH	75MI
•	SALT	⅓TSF
•	CHICKEN SEASONING POWDER	½TSF
•	SUGAR	1TSF
•	RICE VINEGAR	1TBSF







STEP 1.

Cook the noodles in a large pan of boiling water according to the packet instructions, stirring occasionally. Drain.

STEP 2.

Heat the oil in a pan over medium heat. Add garlic and onion, cook until soft. Add kimchi and cook until fragrant.

STEP 3.

Add beef, cook and stir occasionally for 1-2 minutes. Then pour broth inside and boil.

STEP 4.

Add noodles and season with Korean hot pepper paste, salt, chicken seasoning powder, sugar, and vinegar. Cook until the noodles is well coated with seasoning.

STEP 5.

Transfer to a serving dish and garnish with scallion of sesame according to personal preference.

STEP 6.

Transfer to a serving dish and serve.

•	CUTTLEFISH (CARVING)	50G
•	SHRIMP (SHELLED)	30G
•	CRAB STICKS	30G
•	EGG	1
•	SCALLION (CHOPPED)	1
•	WHEAT FLOUR	3TSP
•	WHITE PEPPER	⅓TSP
•	VEGETABLE OIL	11/2
•	SALT	-
•	OAT NOODLES	75G

STEP 1.

Heat the oil in a non-stick frying pan, then add the cuttlefish and shrimp and cook over a medium heat for 1 minutes on each side. Remove from the pan and set aside.

STEP 2.

Cook the noodles in a large pan of boiling water according to the packet instructions, stirring occasionally. Drain and cut into 5-6 cm length.

STEP 3.

Mix cooked seafood, noodles, and egg in a large bowl. Add wheat flour and mix. Season with salt and white pepper.

STEP 4.

Heat the vegetable oil in non-stick frying pan over a low-medium heat. Cook the noodle pancake over a medium heat until the golden and crispy of each side.







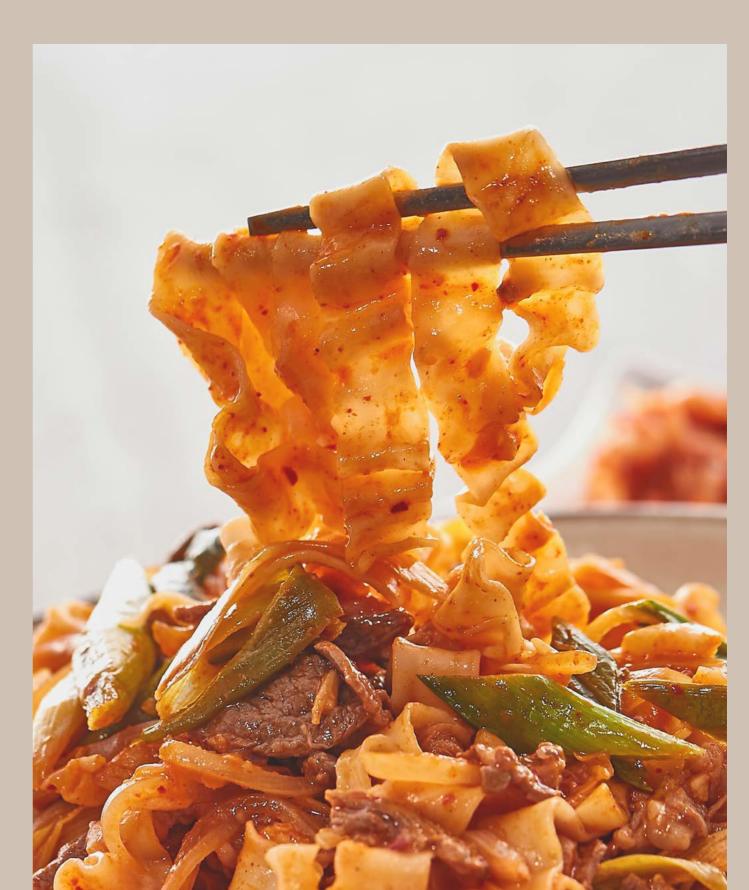
Being candid enthusiasm, hot and spicy is my taste.

Being clear about what to love and what to hate no matter life or work, it's been always my principle.

Leave traces of life with spicy flavor.

MEAL ITEM LIST

- ¹⁶ BURNING NOODLES
- 17 SICHUAN BOILED BEEF NOODLES
- ¹⁸ SPICY FUNGUS COLD NOODLES
- 19 SPICY COCONUT CHICKEN NOODLES
- 20 HOT CHILI BEEF NOODLE WITH PICKLED MUSTARD GREENS







DRY NOODLES (THIN) 4LBS / PER PACK

INGREDIENTS:

DRY NOODLES (THIN)

PORK STEAK (MINCED)	500
DRIED PICKLED MUSTARD CABBAGE	500
GARLIC (MINCED)	100
SCALLION (CHOPPED)	50
PEANUT (CHOPPED)	200

SEASONING A.

•	BROWN VINEGAR	1TSP
•	WATER	1TSP
•	SOY SAUCE	1TSP
•	HOT CHILI OIL	2TSP
•	HOT PEPPER POWDER	1/2
•	SUGAR	1TSP

SEASONING B.

SOY SAUCE	1TSP
SUGAR	1TSP

STEP 1.	Cook the noodles in a large pan of boiling water according to
	the packet instructions, stirring occasionally, Drain,

STEP 2.	Mix all materials of seasoning A. Set aside.
JILI Z.	rinx att materials of seasoning A. Set asia

STEP 3.	Wash and steep dried pickled mustard until soft
	Drain well and finely chopped.

STEP 4.	Heat a wok with vegetable oil until hot. Add garlic and
	minced pork, stir occasionally until fragrant. Add chopped
	pickled mustard, cook until dry and fragrant about 2 minutes.

CTTD C	Add cogcoping	В		
STEP 5.	Add seasoning	В	ana	COO

STEP 6.	Place cooked noodles in a serving plate.
	Top with picked mustard and minced por

STEP 1.

In a bowl, mix the beef with marinate materials A until water fully absorbed. Then add marinate materials B and refrigerate for at least 30 minutes.

STEP 2.

Cook the noodles in a large pan of boiling water according to the packet instructions, stirring occasionally. Drain.

STEP 3.

Heat the oil in a skillet or wok over medium heat. Add fried material and cook, stirring occasionally until fragrant. Add celery and soybean sprouts and cook for about 15 seconds.

Remove from the pan and set aside.

STEP 4.

For the soup base, heat the pan and add hot chili sauce sachet and Sichuan spicy bean paste, cook and stir occasionally, about 10 seconds. Pour beef stock. Add sliced beef and boil together. Once the sauce is boiling, stir in cornstarch mixture and keep stirring, until the sauce is thickened.

STEP 5.

Set a plate and place cooked noodle. Ladle the soup into the bowl. Top with beef and vegetables.

STEP 6.

Add 3 tsp of vegetable oil to a wok over medium heat until hot. Pour the oil on the top of noodle dish. Serve immediately.

INGREDIENTS:

•	BEEF (SLICED)	100G
•	DRY PEPPER (ROUGHLY CHOPPED)	3
•	SICHUAN CHILI PEPPER	1TSP
•	CORIANDER (ROUGHLY CHOPPED)	1-2
•	WATER	220ML
	NOODLES PIECE	1

MARINATE MATERIALS A.

RICE WINCE	1/2
 SOY SAUCE 	½TSP
• WATER	11/2
CELERY (CUT INTO	5-6 CM LENGTH) 3
SOYBEAN SPROU	TS 30G
• SQUID	50G

MARINATE MATERIALS B.

•	SALT	1/4TSP
•	WHITE PEPPER	⅓ TSP
•	CORN STARCH	1TSP

FRIED MATERIALS.

•	GARLIC (CHOPPED)	5
•	GINGER (FINELY SLICED) THU	IMB SIZE
•	DRIED HOT PEPPER	10G
•	GREEN ONION (ROUGHLY CHOPPED)	1
•	VEGETABLE OIL	1TSP
•	HOT CHILI SAUCE SACHET PACKAGE	1/2

SOUP BASE.

•	HOT CHILI SAUCE SACHET PACKAGE	1/2
•	BEEF STOCK	100G
	CICULIAN CDICY DEAN DACTE	2TCD

•	FUNGUS	50G
•	CUCUMBER (FINELY SHRED)	1/2
•	HANDFUL CARROT (FINELY SHRED)	1
•	SUGAR	1TSP
•	RICE VINEGAR	1TSP
•	SICHUAN HOT SPICY SAUCE	3TSP
•	SOY SAUCE	1TSP
•	DIETARY FIBER PLUS NOODLES	75G

STEP 1.

Have fungus blanched in boil water for 2-3 minutes. Drain and place into ice water for 5 minutes and drain firmly.

STEP 2.

Cook the soba in a large pan of boiling water according to the packet instructions, stirring occasionally. Drain well and immediately refresh in cold water, then drain well and pat dry.

STEP 3.

Mix sugar, rice vinegar, Sichuan hot spicy sauce, and soy sauce in a bowl.

STEP 4.

Place noodles in a serving plate. Put handful cucumber, carrot, and fungus on the side. Drizzle the sauce atop.







•	CHICKEN BREAST	1
•	COCONUT MILK	60G
•	WATER	100G
•	HOT CHILI SAUCE PASTE	1
•	ONION (ROUGHLY CHOPPED)	10G
•	SCALLION (ROUGHLY CHOPPED)	5G
•	SALT	-
•	FRESHLY GROUND BLACK PEPPER	-
•	NOODLES	80G

STEP 1.

Season the chicken breast with salt and pepper. Cook the chicken breast over a medium heat for 2-3 minutes on each side, until golden and cooked through. Set aside.

STEP 2.

Cook the noodles in a large pan of boiling water according to the packet instructions, stirring occasionally. Then drain.

STEP 3.

Add the onion and cook for 5 minutes until soft.

STEP 4.

Add sauce sachet and cook till fragrant. Then pour water and coconut milk. Add cooked noodles and cook for 2 minutes.

STEP 5.

Transfer the noodle and sauce to aplate. Top with sliced chicken and chopped scallion.









•	BEEF (SLICED)	50G
•	PICKLED MUSTARD GREENS	100
•	HOT CHILI SAUCE SACHET	1
•	GARLIC (SLICED)	5G
•	SCALLION (CHOPPED)	5G
•	WATER	150ML
•	NOODLES	80G

STEP 1.

Heat the vegetable oil in a large skillet or wok over medium heat. Add garlic, pickled mustard greens, and sauce sachet and cook, stirring occasionally, until sizzling and fragrant.

STEP 2.

Add the beef and cook, stirring bristly, until the slices are nearly opaque with no pinkish parts. Pour the water and keep boiling.

STEP 3.

Cook the noodle in a large pan of boiling water according to the packet instructions, stirring occasionally. Then drain.

STEP 4.

Add cooked noodle into the wok and boil with other ingredients for 1 minutes.

STEP 5.

Top with chopped scallion before serving.









Life was like a box of chocolates.

You never know what you're gonna get.

Enjoy being out of ordinary in my life. The happy life should fill the anticipation, pleasantly surprise and grateful.

Try little different everyday.

MEAL ITEM LIST

- 21 CHICKEN SOBA SPRING ROLL WITH SALSA SAUCE
- NOODLE SALAD
 WITH GRILLED MANGO AND PROSCIUTTO
- ²³ CREAMY CHOCOLATE CHICKEN NOODLES
- 24 SHRIMP NOODLE CAKE WITH SRIRACHA MAYO
- 25 BLACK CHOCOLATE CURRY NOODLES



1/3

10G

2TSP

100G

30G

20G

80G

1

INGREDIENTS:

• ONION (ROUGHLY CHOPPED)

FRESHLY GROUND BLACK PEPPER

RICE PAPER (SPRING ROLL WRAPPER)

BUCKWHEAT NOODLES (SOBA)

SRIRACHA HOT CHILI SAUCE

• ROMAINE LETTUCE (SHRED)

CHICKEN BREAST

ANCHOVIES

CORIANDER

SEA SALT

TOMATO (CHOPPED)

CAPERS

STEP 1.

water according to the packet instructions, stirring occasionally. Drain well and immediately refresh in cold water, then drain well and pat dry.

STEP 2.

Boil the water. Add chicken breast and cook

STEP 3.

Shred the chicken breast and season with minced anchovies, tomato, capers, onion, coriander, salt, and pepper.

STEP 4.

Set a deep round plate with 1cm depth of water. Put the rice paper into the water for soften.

STEP 5.

Spread the soften rice paper on a flat surface. Add shred romaine lettuce and seasoned chicken.

Fold the two short edges of the wrapper over the filling. Fold the bottom edge over all the filling, then press firmly and roll the filling bundle until it is fully enclosed in the wrapper.

Cook the soba in a large pan of boiling

with low heat for 8 minutes.









STEP 1.

Melt the butter in a saucepan, add the onion and cook over a low heat, stirring regularly, until soft and caramelized.

STEP 2.

Add mango puree and Sriracha hot chili sauce into the saucepan, cook with onion in a low heat. Set aside to cool down then add mint.

STEP 3.

Cook the noodle in a large pan of boiling water according to the packet instructions, stirring occasionally.

STEP 4.

Drain and iced the noodle in iced water.

STEP 5.

Drian the noodle and season with hot mango sauce that finished in step 2.

STEP 6.

Peeled the mango and have it grilled. Put the grilled mango and prosciutto on the top of noodle salad.

STEP 7.

Finally, sprinkle with basil.

•	UNRIPEN MANGO	60G
•	MANGO PUREE	100G
•	ONION	5G
•	BUTTER	10G
•	SMALL HANDFUL OF FRESH MINT	-
•	SMALL HANDFUL OF BASIL	-
•	SRIRACHA HOT CHILI SAUCE	15G
•	PROSCIUTTO	-
	TOMOSHIRAGE SOMEN NOODLES	80G











CALCIUM PLUS NOODLES 750G / PER PACK

•	DRIED TOMATOES (CUT HALF OR QUATER)	5			
•	TOMATO (CHOPPED)	1/2			
•	DRUMSTICKS (CARVING)	1/2			
•	DRIED HOT CHILI	1			
•	RED PEPPER (DESEEDED AND CHOPPED)	1/4			
•	YELLOW PEPPER	1/4			
	(DESEEDED AND CHOPPED)				
•	GARLIC (FINELY SLICED)	5G	•	CINNAMON POWDER	1G
•	WATER	100G	•	BUTTER	15G
•	COINTREAU	10G	•	WHIPPED CREAM	10G
•	70% CHOCOLATE	10G	•	CALCIUM PLUS NOODLES	75G

- STEP 1. Season drumsticks with salt. Cook the noodles in a large pan of boiling water according to the packet instructions, stirring occasionally. Drain.
- STEP 2. Heat the oil in a large pan, then add the drumsticks and cook over a medium heat, until golden and cooked through. Remove from the pan and set aside.
- STEP 3. Melt butter in a pan with low-medium heat. Add garlic, dried tomatoes, and chopped tomato to cook, until the tomato soft and fragrant.
- STEP 4. Add red and yellow pepper and cook for 2-3 minutes. Pour water and add cooked noodles and chicken to the pan. Add 70% chocolate until melt.
- **STEP 5.** Pour whippy cream and boil about 1 minutes.
- STEP 6. Place noodles in a plate and place chicken and vegetable on the top.

 Drizzle Cointreau over the dish before serving.

•	SHRIMP	
	(SHELLED AND ROUGHLY CHOPPED)	
•	CABBAGE (ROUGHLY CHOPPED)	200
•	EGG YOLK	•
•	SMALL HANDFUL OF FRESH CORIANDER	•
•	FISH SAUCE	½TS
•	SEA SALT	30
•	WHITE PEPPER	20
•	SRIRACHA HOT CHILI SAUCE	100
•	MAYONNAISE	800
•	SILVER LINE NOODLES	800

STEP 1.

Set a bowl and have Sriracha Hot chili sauce and mayonnaise mixed and set aside as dipping sauce.

STEP 2.

Cut the noodle into 6-7 cm length.

STEP 3.

Cook the noodle in a large pan of boiling water for approx. 2 minutes and drain.

STEP 4.

Mix shrimp, cabbage, coriander and noodle together with egg yolk, and season well.

STEP 5.

Cook the shrimp noodle cake in a wide, non-stick frying pan over a medium heat.

STEP 6.

Cook over a medium heat for 2-3 minutes, turning once, until golden brown on each side.











STEP 1.

Cook the noodles in a large pan of boiling water according to the packet instructions, stirring occasionally. Drain.

STEP 2.

Heat 1tsp vegetable of oil in a frying pan over medium heat until hot. Add pork jowl to cook until golden and brown. Remove the cooked pork to a plate.

STEP 3.

Melt chocolate in the pan with low heat. Add garlic and brown beech mushroom, cook to fragrant. Remove ingredients from the pan.

STEP 4.

Add Sha Cha sauce, curry powder, curry cube to the pan, cook over a low heat and keep stir until curry melt. Pour water into the pan.

STEP 5.

Add materials that completed in step 2 to 3 into the pan, cook for 2-3 minutes. Add chocolate, cook until melt.

STEP 7.

Place noodles in a plate. Set black chocolate curry sauce into the plate. Top with soft-boiling egg and scallion.

•	BROWN BEECH MUSHROOM	250
•	TOMATO (CHOPPED)	500
•	POTATO (CHOPPED)	700
•	GARLIC (MINCED)	50
•	CURRY POWDER	40
•	SHA CHA SAUCE	100
•	WATER	3000
•	70% CHOCOLATE	7
•	PORK JOWL (FINELY CARVING)	330
•	BUTTER	150
•	SOFT-BOILED EGG	:
•	NOODLES	750







Life is full of different flavors.

Just feel and taste them, every flavor has it's sense.

Face every challenge of our life with smile. Everything is for the best.

Every flavor of life is nice taste.

MEAL ITEM LIST

- 26 CHILLED NOODLES WITH YUZU & CHICKEN
- 27 SMOKED SALMON WITH YOGURT NOODLE SALAD
- 28 ROAST SALMON
 WITH RED QUINOA NOODLES
- 29 STIR-FRIED NOODLES WITH GARLIC AND SPICY PICKLES
- 30 BOBA TEA NOODLES (VEGAN)



CHICKEN BREAST	1/3
CUCUMBER (SHRED AND ICED)	1/3
SCALLION (CHOPPED)	1
BONITO SOY SAUCE	30ML
SPICED VINEGAR	20ML
• SUGAR	5G
KOREAN YUZU SAUCE	20G
• LEMON	1
DRIED HOT CHILI	5G
WU-LUNG NOODLES	75G









STEP 1.

Cook the noodles in a large pan of boiling water according to the packet instructions, stirring occasionally. Drain well and immediately refresh in cold water, then drain well and pat dry.

STEP 2.

In a bowl, mix bonito soy sauce, spiced vinegar, sugar, Korea yuzu sauce together.

STEP 3.

Season chicken breast with salt for a least 15 minutes.

STEP 4.

Cook the chicken breast in boil water over low heat for 3 minutes. Turn off the heat and cover the pot, have the chicken breast simmer for 7 to 8 minutes. Remove chicken breast from the pan and have it iced.

STEP 5.

Shred the chicken breast and set aside.

STEP 6.

Place noodles in a serving plate cover with the sauce. Top with shredded chicken breast, cucumber, dried hot chili.

STEP 7.

Sprinkle with lemon zest before serving.

•	YOGURT	60
•	LEMON	1
•	SMALL HANDFUL OF	
	FRESH MINT OR DILL	
•	MAYONNAISE	30
•	SMOKED SALMON	60
•	SEA SALT	
•	FRESHLY GROUND BLACK PEPPER	
•	OAT NOODLES	75

STEP 1.

Put the yogurt, lemonade, salt, black pepper, minced mint or dill and mayonnaise into a large serving bowl and mix.

STEP 2.

Cook the noodles in a large pan of boiling water according to the packet instructions, stirring occasionally. Drain.

STEP 3.

Have boiled noodle iced.

STEP 4.

Drain the iced noodle. Season the noodle with yogurt sauce that prepared in step 1.

STEP 5.

Lay the slice of smoked salmon on top of the noodle salad. Sprinkle with lemon zest and scatter with mint leaves.







•	SALMON (SLICE INTO 1 CM WIDTH)	1000
•	RED QUINOA NOODLES	750

FOR THE DRESSING (6 SERVINGS)

•	TOMATO (CHOPPED INTO 5MM CUBE)	1
•	SHALLOT (MINCED)	150
•	CAPERS (MINCED)	150
•	THYME	-
•	BASIL	-
•	MUSTARD	100
•	EXTRA VIRGIN OLIVE OIL	200
•	LEMON	1//
•	SCALLION (FINELY CHOPPED)	-

STEP 1.

Mix tomato, shallot, caper, thyme, basil, mustard, olive oil, and lemonade together.

STEP 2.

Cook the noodles in a large pan of boiling water according to the packet instructions, stirring occasionally. Drain well and immediately refresh in cold water, then drain well and pat dry.

STEP 3.

Dress salmon with olive oil. Broil the surface of salmon with gas.

STEP 4.

Serve iced noodles on a platter, top with broiled salmon. Dressing on the salmon and sprinkle with scallion.













ORIGINAL FLAVOR RAMEN (WIDE)
504G / PER PACK

INGREDIENTS:

•	CAPERS	2TSP
•	OILY TILAPIA	¼ CUP
•	BROCCOLI	80G
•	GARLIC (PEELED AND SLICED)	3-4
•	HOT PEPPER (SLICED)	1/2
	RAMEN PIECE	1

STEP 1.	Cook the noodles in a large pan of boiling water
	according to the packet instructions, stirring
	occasionally, Drain.

STEP 2.	Mince capers and oily tilapia, and slice garlic and
	hot pepper.

STEP 3.	Pan fried the	garlic till	colored
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STEP 4.	Add caper	hot pepper,	and oily	tilania
JILF 4.	Auu cupei,	HOL DEDDEL	und only	ulupiu

STEP 5.	Add broccoli and water to bring out the flavor.
JIEP J.	Add broccoti drid water to bring out the itavor.

STEP 6. Add boiled noodles and stir ingredients together.





CEREA	L N	OODI	LES
.050G /	PER	PACK	

•	SOTA MILK	SOUNT
•	WATER	90ML
•	OKRA (CHOPPED)	2
•	BABY CORN (CHOPPED)	2
•	TOFU SKIN	1
•	HANDFUL MUSHROOM (SLICED)	1
•	SPICY MISO PASTE	2TSP
•	TAPIOCA BALLS	50G
•	BLACK TEA	60ML
•	CEREAL NOODLES	75G

STEP 1.	Cook the noodles in a large pan of boiling water according
	to the packet instructions, stirring occasionally. Drain.

STEP 2.	Boil soya milk and water in a deep soup pot. Pour black
	tea and boil together, about 2 minutes.

STEP 3.	Add spicy miso paste, stirring. Add okra, baby corn, and
	mushroom to cook for 2 minutes.

STEP 4.	Place noodles in a deep ramen bowl. Ladle with soup and
	top with vegetables and tofu skin.

STEP 5.	Put a large	ladleful of to	ipioca balls into	the serving bowl.



More Choice of Noodles.

¹ CLAM SOUP NOODLES

***ORDER FROM LEFT TO RIGHT**

LANZOU NOODLES 2.5LBS/PER PACK ORIGIN FLAVOR RAMEN 750G/PER PACK





² CHICKEN CONSOMMÉ NOODLES

****ORDER FROM LEFT TO RIGHT**

THIN KAN TON NOODLES 2.5LBS/PER PACK BEIJING NOODLES 2.5LBS/PER PACK





³ CHILLED SOBA WITH NAGAIMO (YAM)

****ORDER FROM LEFT TO RIGHT**

BUCKWHEAT NOODLES 320G/PER PACK BUCKWHEAT NOODLES 800G/PER PACK





⁴ GRILLED CHICKEN & SOBA CAESAR SALAD

****ORDER FROM LEFT TO RIGHT**

BUCKWHEAT NOODLES 320G/PER PACK BUCKWHEAT NOODLES 800G/PER PACK RED QUINOA NOODLES 750G/PER PACK





⁵ RATATOUILLE WITH RED QUINOA NOODLES

****ORDER FROM LEFT TO RIGHT**

RED QUINOA NOODLES 300G/PER PACK

⁶ CHICKEN CURRY RAMEN

***ORDER FROM LEFT TO RIGHT**

SANXI NOODLES 2.5LBS/PER PACK BROAD NOODLES 300G/PER PACK





⁷ BEEF STROGANOFF WITH OAT NOODLES

****ORDER FROM LEFT TO RIGHT**

OAT NOODLES 750G/PER PACK RED QUINOA NOODLES 750G/PER PACK





⁸ SPINACH NOODLE CASSEROLE

****ORDER FROM LEFT TO RIGHT**

SPINACH FLAVOR RAMEN 504G/PER PACK SPINACH FLAVOR SLICED NOODLES 650G/PER PACK





⁹ CREAMY SESAME PORK NOODLES

% ORDER FROM LEFT TO RIGHT

SESAME PASTE FLAVOR NOODLES 204G/PER PACK



¹⁰ SCALLOPS TSUKEMEN

****ORDER FROM LEFT TO RIGHT**

SESAME PASTE FLAVOR NOODLES 204G/PER PACK



11 JAPANESE STYLE PAN-FRIED NOODLE

****ORDER FROM LEFT TO RIGHT**

SHANGHAI NOODLES 2.5LBS/PER PACK YELLOW NOODLES 2.5LBS/PER PACK YELLOW NOODLES 4LBS/PER PACK







¹² PAN-FRIED BEEF NOODLES

****ORDER FROM LEFT TO RIGHT**

YOLK NOODLES 375G/PER PACK



¹³ CHILLED SOBA WITH NAGAIMO (YAM)

****ORDER FROM LEFT TO RIGHT**

ORIGIN FLAVOR RAMEN 504G/PER PACK KAN TON NOODLES 375G/PER PACK





¹⁴ KOREAN JJAMPPONG (HODGEPODGE)

****ORDER FROM LEFT TO RIGHT**

ORIGINAL FLAVOR RAMEN (WIDE NOODLES) 504G/PER PACK SLICED NOODLES 650G/PER PACK





¹⁵ SEAFOOD NOODLE PANCAKE

****ORDER FROM LEFT TO RIGHT**

OAT NOODLES 750G/PER PACK GUANGDONG CHOW MEIN 2.5LBS/PER PACK





16 BURNING NOODLES

***ORDER FROM LEFT TO RIGHT**

DRY NOODLES (THIN) 4LBS/PER PACK SHANDONG NOODLES 2.5LBS/PER PACK





¹⁷ SICHUAN BOILED BEEF NOODLES

****ORDER FROM LEFT TO RIGHT**

SICHUAN SPICY DRIED NOODLES 376G/PER PACK HOT SPICY NOODLES 416G/PER PACK





¹⁸ SPICY FUNGUS COLD NOODLES

****ORDER FROM LEFT TO RIGHT**

DIETARY FIBER PLUS NOODLES 750G/PER PACK DIETARY CALCIUM PLUS NOODLES 750G/PER PACK





¹⁹ SPICY COCONUT CHICKEN NOODLES

***ORDER FROM LEFT TO RIGHT**

MALA FLAVOR NOODLES 202G/PER PACK HOT SPICY NOODLES 416G/PER PACK





²⁰ HOT CHILI BEEF NOODLE WITH PICKLED **MUSTARD GREENS**

****ORDER FROM LEFT TO RIGHT**

MALA FLAVOR NOODLES 202G/PER PACK SICHUAN SPICY DRIED NOODLES 376G/PER PACK





²¹ CHICKEN SOBA SPRING ROLL WITH SALSA SAUCE

% order from left to right

BUCKWHEAT NOODLES 800G/PER PACK BUCKWHEAT NOODLES 320G/PER PACK



***ORDER FROM LEFT TO RIGHT**

TOMOSHIRAGE SOMEN NOODLES 400G/PER PACK

ENRICHED NOODLES 300G/PER PACK

FUZHOU NOODLES 2.5LBS/PER PACK







²³ CREAMY CHOCOLATE CHICKEN NOODLES

****ORDER FROM LEFT TO RIGHT**

DIETARY CALCIUM PLUS NOODLES 750G/PER PACK ORIGINAL FLAVOR GUANMIAO NOODLES 1000G/PER PACK





²⁴ SHRIMP NOODLE CAKE WITH SRIRACHA MAYO

****ORDER FROM LEFT TO RIGHT**

SILVER LINE NOODLES 400G/PER PACK TOMOSHIRAGE SOMEN NOODLES 400G/PER PACK TAIWAN TRADITIONAL THIN NOODLES 3LBS/PER PACK







²⁵ BLACK CHOCOLATE CURRY NOODLES

****ORDER FROM LEFT TO RIGHT**

DRY NOODLES (WIDE) 4LBS/PER PACK BROAD NOODLES 300G/PER PACK





26 CHILLED NOODLES WITH YUZU & CHICKEN

****ORDER FROM LEFT TO RIGHT**

WU-LUNG NOODLES 300G/PER PACK THIN KAN TON NOODLES 375G/PER PACK

THIN KAN TON NOODLES 3750G/PER PACK

²⁷ SMOKED SALMON WITH YOGURT **NOODLE SALAD**

****ORDER FROM LEFT TO RIGHT**

OAT PASTA 750G/PER PACK

RED QUINOA NOODLES 750G/PER PACK

²⁸ ROAST SALMON WITH RED QUINOA **NOODLES**

****ORDER FROM LEFT TO RIGHT**

RED QUINOA NOODLES 300G/PER PACK

²⁹ STIR-FRIED NOODLES WITH GARLIC & **SPICY PICKLES**

***ORDER FROM LEFT TO RIGHT**

ORIGINAL FLAVOR RAMEN (WIDE NOODLES) 504G/PER PACK ORIGINAL FLAVOR GUANMIAO NOODLES 1000G/PER PACK



% ORDER FROM LEFT TO RIGHT

CEREAL NOODLES 1050G/PER PACK OAT NOODLES 750G/PER PACK

















YI-YU KITCHEN

The shooting scene provided by GREAT YEAR BUILDING MATERIA/ YI-YU KITCHEN









WU MU has been committed to making delicious noodles. We have developed various facets and flavors of noodles on shelf. 30th anniversary in north America, we would like to deliver 30 noodle cousins using WU MU noodles and fresh ingredients, and simple techniques. The recipes are easy and perfect for the home cook.