

# Why Mr. Noodles Low Fat might just be your new go-to

There's a certain comfort in a bowl of hot noodles. It's the kind of comfort that doesn't ask questions. Doesn't judge your 2 AM cravings. Doesn't protest when you toss in half a fridge's worth of leftovers. It just sits there, steamy, fragrant: ready to carry the weight of your long day, or your laziness to cook rice.



Now, noodle lovers often find themselves torn between indulgence and intention. Wanting the quick fix without the guilt trip. That's where **Mr. Noodles Low Fat** walks in — not with a grand entrance, but with the quiet confidence of something that just makes sense.

Let's get this out of the way: yes, it's *non-fried*. Which, in simple terms, means less oil, fewer calories, and a slightly stronger argument when you try to convince yourself, "it's kinda healthy."

As in 40g, Mr. Noodles fulfills 9.5 per cent (RDA) of the protein requirements of the daily diet. But unlike those sad, soggy versions that pretend to be food, this one doesn't compromise on taste, nutrition and ease to make. It's still got the bounce. Still got the spice. And still does that thing where you can't decide if it's a snack or a full-blown meal.

## Cold Noodle Salad with a Dhaka Twist

Perfect for when you want something light but not bland.

### What you'll need:

- 1 packet of Mr. Noodles Low Fat
- A handful of chopped carrots and green peas
- Chopped green chilli
- Crushed peanuts or fried onions
- 1 tablespoon soy sauce
- A squeeze of lemon
- A sprinkle of sugar

### How to make it:

Boil the noodles and cool them under running water. Mix all ingredients in a bowl. Toss generously. Chill for a bit if you've got



the patience. It's refreshing, crunchy, tangy, and oddly addictive. It also makes you feel like you've just made something vaguely gourmet, even if you didn't change out of your lungis.

### The Quiet Fix

There's something to be said about foods that don't make a fuss. Mr. Noodles Low Fat is one of those rare items you can keep around without thinking twice. It *does* make your food habits feel a little less reckless. And in a city that runs on shortcuts, that's a small miracle worth slurping.

By K Tanzeel Zaman

Photo: Shahriar Kabir Heemel



হেলথি লাইফস্টাইলের  
জন্য মি. নুডল্‌স নিয়ে এলো

# লো ফ্যাট নুডল্‌স



উৎপাদনের সময় কোনো  
তেল ব্যবহার করা হয়নি



## একবার ট্রাই করে দেখুন