

During Ramadan, kitchens in Bangladesh don't run on peace. They run on timing. There's always something simmering, something frying, someone asking how much long it will take, and you trying to make iftar feel full, without turning the last hour before Maghrib into a marathon.



## IFTAR'S QUIET HELPER: Fresh Instant Noodles Chowmein in Minutes

That's where Fresh Instant Noodles quietly earns its place. Not as a replacement for anything you grew up eating, but as a dependable helper when the day's already gone long.

If you're a mother with children who are hungry, picky, and somehow starving again five minutes later, you know the drill. Piyaju will still be piyaju, beguni will still disappear fast, but alongside the fried items and heavier plates, it helps to have one warm dish that comes together quickly, and doesn't feel like another deep-fried commitment.

Chowmein fits perfectly here. Done right, its savoury, a little glossy, and properly satisfying garlic in the background,

vegetables still crisp, noodles carrying the flavour instead of drowning in it. Fresh Instant Noodles works well because its taste stays in a familiar, friendly zone. And in kitchens, "instant" is rarely the final flavour; it's the base. You add what you have: garlic, vegetables, green chilli, maybe an egg, and it stops feeling like a shortcut and starts feeling like a proper plate you made.

It's also easy to keep lighter for iftar:

less oil, high heat, more vegetables, makes it satisfying without making you feel heavy right after breaking your fast. And when you're feeding children the delicious noodles, it helps knowing the ingredients are sourced and maintained under strict quality control.

That's why this recipe works on busy Ramadan evenings; simple, quick, and genuinely comforting.

### SIMPLE RAMADAN CHOWMEIN WITH FRESH INSTANT NOODLES

#### Ingredients

- 2 packs Fresh Instant Noodles
- 2 tbsp oil (use less if you want)
- 3 cloves garlic, chopped
- 1 small onion, sliced
- 1 small carrot, thin strips
- 1 cup cabbage, thinly sliced
- 1 capsicum, sliced (optional)
- 1-2 green chillies, slit
- 1 egg or shredded cooked chicken (optional)
- 1-2 tbsp soy sauce
- Black pepper
- Salt (careful — sauces already have it)
- Spring onion or coriander (optional)
- Lemon wedge (optional)

#### Method

Boil the noodles until just soft. Drain, rinse



quickly with cold water, and toss with a tiny bit of oil so they don't clump. Heat oil in a pan or wok. Add garlic, then onion and green chillies. Sauté until the onion softens. Add carrot first, then cabbage and capsicum. Stir-fry on high heat so the vegetables stay crunchy. If using egg, scramble it in the pan and mix through. If using chicken, add and toss. Add soy sauce, black pepper, and a tiny pinch of salt, only if needed. Add the noodles and toss on high heat for a minute or two. Finish with spring onion/coriander and a squeeze of lemon if you like that extra lift.

Serve it warm alongside your usual iftar staples. It sits nicely on the table without competing for attention, which is exactly the point.

Fresh Instant Noodles isn't pretending to be anything dramatic. During Ramadan, that's actually its strength. It's dependable, easy to shape into your own kind of meal, and helpful in the exact moment you need help most: when time is short and everyone's hungry.

By **K Tanzeel Zaman**

