

# Press Release



## An Oriental touch for any dish and any diet from Clearspring

For an organic and gluten free option that adds an Asian touch to any dish, look no further than the NEW 100% Brown Rice Noodles from Clearspring. Healthy and easy to cook, these wholegrain noodles are made using traditional production methods and the highest quality organic brown rice to produce smooth and filling gluten free noodles.

The Clearspring 100% Brown Rice Noodles are available in wide or standard varieties and are free from egg, wheat and gluten making them suitable for a range of free-from diets. They provide a good source of fibre and iron, are low fat and contain no artificial binding agents.

Whether tossing them in a stir-fry or adding them to soup, the Clearspring 100% Brown Rice Noodles are versatile for use in any dish and ready to eat after a 10-minute soak. Delicious with a Pad Thai sauce in an Asian noodle salad or served with Japanese vegetables in a broth, the noodles provide a quick, satisfying meal without the unhealthy elements found in most fast food. They can also be used as a gluten free alternative to pasta.

Looking for some oriental inspiration? Try our Gluten Free Tom Yum Noodle Soup.

### Serves 2

#### Ingredients:

- 100g Clearspring Gluten Free 100% Brown Rice Noodles
- 4-5 pieces Clearspring Shiitake
- 4-5 pieces Clearspring Maitake
- 1 Organic Shallot
- 3 stalks Lemon grass
- 2 Kaffir lime leaves
- 1 small chunk Fresh Organic Ginger
- 3 cloves Organic Garlic
- 2 tbs Organic Harrisa
- 3 tbsp Clearspring organic White Miso
- ½ Organic Lime and few slices for decoration
- ½ Organic Lemon
- 5 sprigs Organic Coriander



## Method:

### Preparation:

1. Pour 600-700mL boiling water into a heat resistant glass bowl, add the Shiitake and Maitake and leave to soak for 10-15 minutes
2. Finely cut the shallot and grate the ginger and garlic
3. Soak the Brown Rice Noodles in water at room temperature for 30 minutes

### Cooking:

1. Remove the Shiitake and Maitake from the bowl and cut into small pieces. Make sure to keep the stock
2. Bring the stock to the boil , add the lime and lemon juice as well as the lemon grass, kaffir lime leaves, finely chopped Shiitake and Maitake, grated ginger and garlic as well as HARRISA.
3. Simmer for 10 minutes to let the flavours develop
4. Turn off the heat and add white miso
5. Drain water from brown rice noodles
6. Add the brown rice noodles to the soup and cook on a very low heat for few minutes and serve
7. Decorate with a slice of lime and a few sprigs of coriander (or HARRISA if you prefer)

- END -

### Notes to editors:

The Clearspring brand promises premium quality Japanese specialities and Organic Fine Foods that are authentic, versatile and support good health. Made to traditional recipes by master artisan producers, they bring you full, authentic flavours from some of the most exciting food cultures around the world.

Each product has a distinct flavour and quality that comes from using the finest quality ingredients and respecting local food traditions. Clearspring always works directly with its producers, building long-term partnerships of ethical trade that support sustainable organic farming and benefit local communities.



**Authentic Japanese**



**Organic Fine Foods**



**Free From Products**



## Clearspring Ltd

19A Acton Park Estate London W3 7QE, UK

Tel: +44 (0)20 8749 1781

Fax: +44 (0)20 8811 8893

Email: [info@clearspring.co.uk](mailto:info@clearspring.co.uk)

Web: [www.clearspring.co.uk](http://www.clearspring.co.uk)



For more information visit:  
[www.clearspring.co.uk](http://www.clearspring.co.uk)



Find us on Facebook:  
Clearspring Organic



Follow us on Twitter:  
@ClearspringFood

