

Application Recipe

Tom Yum Soup with Chia Noodle

A contemporary twist on the classic Thai Tom Yum soup noodle features the gluten-free chia noodles enriched with Omega-3 fatty acids, alongside a flavourful broth.



Featured Ingredients

- BeneoPro W-tex WF 65-7001
- Cabbage flakes
- Shiitake mushroom
- Beneo Orafti® GR
- Flavex Powder Type CF 11 – HVP
- Flavex Powder Type 412 - Y
- Flavex Powder Type 1266 - SS
- Benexia® Xia Powder 435 LM

Key Benefits

Gluten-free in chia noodle. Cost reduction (Meat/Pork replacement with BeneoPro W-Tex).

Soup Recipe:

INGREDIENTS	TEST RECIPE (%)
Water	81.00
<i>BeneoPro W-tex WF65-7001 - BENE0</i>	5.00
Maltodextrin	4.00
Chilli paste	2.50
Spices powder (Lime, onion, garlic, chilli, fish sauce, white pepper)	1.62
<i>Cabbage flake - China</i>	1.50
Salt	1.30
Sugar	1.00
<i>Shiitake mushroom - China</i>	0.85
<i>Orafti® GR - BENE0</i>	0.50
<i>Flavex Powder Type CF 11 - HVP – Halcyon Proteins</i>	0.22
<i>Flavex Powder Type 412 - Y – Halcyon Proteins</i>	0.22
Tom Yum flavor	0.22
<i>Flavex Powder Type 1266 - SS – Halcyon Proteins</i>	0.08
TOTAL	100

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Tom Yum Soup with Chia Noodle Recipe:

INGREDIENTS	TEST RECIPE (%)
Tom Yum Soup	85
Chia Noodle*	15
TOTAL	100.00

Remark : * Chia noodle use *Benexia® Xia Powder 435 LM from Benexia* dosage 8%.
Chia noodle 100 g. contain 366 mg. of Omega-3

Procedure

1. Cook the chia noodle in boiled water 13 min and drain.
2. Hydrate BeneoPro W-Tex WF 65-7001 with water (ratio W-tex : water is 1 : 2) while mixing 10 min with the Thermomix at low-speed backward mode.
3. Weight and mix dry ingredients, combined all together.
4. Add the dry mixture into water and stir.
5. Boil the solution in the pan, add W-tex, mushroom and cabbage for 10 min. before serve with noodle.

Featured Ingredients

BeneoPro W-tex WF 65-7001

Nutritional Benefits

- Contains min. 65% proteins

Technical Benefits

- *Fast hydration*
- *Chewable texture after hydration, it forms a fibrous and spongy matrix whose structure similar to that of ground (minced) meat in terms of chewability*
- *Relative neutral taste*
- *Light color*

Beneo Orafti® GR

Nutritional Benefits

- *Improve fibre intake*
- *Prebiotic*
- *Improved digestive health*
- *Support to weight management*
- *Clean label & natural substance*

Technical Benefits

- *Fat replacement in soup*
- *Improve mouthfeel in soup*

Flavex Powder Type CF 11 – HVP

Nutritional Benefits of Vegetable Protein

- *Readily bioavailable amino acids.*

Technical Benefits of Vegetable Protein

- *High Umami delivers mouthfeel and body*

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Flavex Powder Type 412 - Y

Technical Benefits of Yeast extract

- *Enhances flavor and aroma in food ingredients*
- *Improves and provides an overall more rounded taste*

Flavex Powder Type 1266 - SS

Technical Benefits of Soy Sauce

- *Unique rich aromas with savoury notes*

Benexia® Xia Powder 435 LM

Nutritional Benefits

- *Rich in fiber 56%*
- *Protein content 25%*
- *Source of omega-3*
- *Non-GMO*
- *Gluten free*
- *Allergen free*

Technical Benefits

- *Nice neutral nutty taste*
- *Texture improver*
- *Provides "whole grain" profile both in flavour, and in colour*
- *Replace starches or flour ingredients*
- *Water absorption capability*

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Nutritional Information (Estimated calculation)

Nutrition Facts		
Portion Size	380 g	
Amount Per Portion		
Calories	372	
	% Daily Value*	
Total Fat	3.5 g	5 %
Saturated Fat	1.3 g	7 %
Cholesterol	0 mg	0 %
Sodium	2025 mg	84 %
Total Carbohydrate	73 g	24 %
Dietary Fiber	6.8 g	27 %
Sugar	18 g	
Protein	16 g	32 %
Vitamin D	0 mcg	0 %
Calcium	12 mg	2 %
Iron	0.1 mcg	1 %
Potassium	38 mg	1 %
Omega 3	208 mg	
* Percent Thai Recommended Daily Intake for population over 6 years of age are based on 2,000 kcal diet.		

Possible Claims

- Contains Omega-3