

ABSTRACT

The present invention obtains instant noodles which do not cause sticking and are easily loosened. Especially, the present invention provides an instant noodles producing method capable of preventing the sticking of the noodle strings even when the noodle strings are straight-type noodles. In a production process of the instant noodles, powdered oil is applied to the surface of a dough sheet or the surfaces of the noodle strings before steaming. Especially, after the powdered oil is applied to the dough sheet, the dough sheet is rolled out once or more. With this, the powdered oil is firmly fixed to the surfaces of the noodle strings. Thus, an extremely high sticking preventing effect can be obtained by an extremely small amount of the powdered oil.