

Abstract

Provided are frozen noodles which can retain a favorable quality even after microwave thawing. Packaged frozen noodles for microwave cooking comprising a package having a ventilation hole or ventilation holes, wherein a total area of an opening of the ventilation hole or openings of the ventilation holes is 0.02 to 5 cm² per 100 cm² of a surface area of the package, and the package contains inside thereof cooked noodles and 1 to 10 parts by mass of water relative to 100 parts by mass of the cooked noodles, and the cooked noodles and the water are frozen.