**Claims**

1. A process for producing a food product with enhanced fried oil flavour, the process comprising:

(a) adding an antioxidant to a mixture containing flour, oil in an amount of 0.06% to 15% with respect to the weight of the flour, and a water-based liquid to make a dough;

(b) shaping the dough;

(c) placing the shaped dough in a chamber; and

(d) cooking the dough, wherein the step of cooking comprising:

at least one stage of gelatinising the flour in the dough in a humid environment at a temperature of 55°C to 165°C; and

at least one stage of cooking the dough by circulating a stream of air at a temperature of 100°C to 220°C and at a speed of 1 to 10 metres per second; and

wherein the oil is incorporated into the dough without any external application of oil to the shaped dough prior to the step of gelatinising the flour and cooking the dough.

2. The process according to claim 1, wherein the food product comprises noodles.

3. The process according to claim 1 or 2, wherein the antioxidant is plant-derived.

4. The process according to claim 1, wherein the antioxidant is selected from the group consisting of lycopene, lutein, tocotrienols, retinol, coenzyme Q10, alliin, allicin, diallyl disulfide, quercetin, protocatechuic acid, lignans, molecules obtained from Allium species and any combination thereof.

5. The process according to claim 4, wherein the antioxidant is an antixodiant blend comprising two or more antioxidants selected from the group consisting of lycopene, lutein, tocotrienols, retinol, coenzyme Q10, alliin, allicin, diallyl disulfide, quercetin, protocatechuic acid, lignans and molecules obtained from Allium species, wherein at least one of the two or more antioxidants comprises molecules obtained from Allium species.

6. The process according to claim 4 or 5, wherein the antioxidant is comprised in macerated garlic or macerated onion.

7. The process according to claim 1, wherein the oil is added at a concentration of 0.001 % to 14.94%.

8. The process according to claim 7, wherein the oil is a vegetable oil, a triglyceride based oil or a liquid oil.

9. The process according to any one of claims 7 to 8, wherein the oil is selected from the group consisting of sunflower oil, sesame seed oil, flaxseed oil, olive oil, oils extracted from roasted oil seeds such as sunflower, sesame and flaxseed, fractions of palm oil, palmolein, crude palm oil, refined bleached deodorized palm oil, onion-infused oil, garlic-infused oil, fried garlic oil, fried onion oil, pre-fried oil and any combination thereof.

10. The process according to any one of claims 1 to 9, wherein the stage of gelatinising the flour in the dough comprises:

a first gelatinising stage comprises circulating humid air at a speed of 1 to 10 metres per second; and

a second gelatinising stage comprises static humid air.

11. The process according to claim 1 or 10, wherein the stage of cooking occurs in two stages carried out in an environment where the humidity is lower than the humid environment of the gelatinization stages; a first cooking stage comprises dehydrating the noodles and a second cooking stage comprises a development of colour, good eating quality and fried oil flavour, wherein the temperature in the second cooking stage is higher than the temperature in the first cooking stage.

12. The process according to claim 10 or 11, wherein the first gelatinising stage is from 55°C to 160°C for 0.5 minutes to 2 minutes.

13. The process according to any one of claims 10 to 12, wherein the second gelatinising stage is from 90°C to 165°C for 0.5 minutes to 1 minute.

14. The process according to claim 11, wherein the first cooking stage is from 80°C to 160°C for 1 minute to 6 minutes.

15. The process according to claim 11 or 14, wherein the second cooking stage is from 110°C to 190°C for 1 to 4 minutes.

16. The process according to claim 1, wherein the antioxidant is added into the flour in the mixture for making the dough.

17. The process according to claim 1, wherein the antioxidant is added into the oil in the mixture for making the dough.

18. The process according to claim 1, wherein the antioxidant is added into the water-based liquid in the mixture for making the dough.

19. Instant noodles obtainable by the process according to any one of claims 1 to 18, the instant noodles comprising:

two or more antioxidants selected from the group consisting of lycopene, lutein, tocotrienols, retinol, coenzyme Q10, alliin, allicin, diallyl disulfide, quercetin, protocatechuic acid, lignans and molecules obtained from Allium species, wherein at least one of the two or more antioxidants comprises molecules obtained from Allium species;

a final oil content of 2% to 11%; and

a final moisture content of 0.4% to 15%;

wherein the instant noodles having an enhanced fried oil flavour comparable to intensity of fried oil flavor possessed by deep fried noodle containing high concentration of oil from 15% to more than 25%.

20. The instant noodles according to claim 19, wherein the instant noodles having a fried oil flavour score between 8 and 17.

21. An antioxidant blend comprising two or more antioxidants selected from the group consisting of lycopene, lutein, tocotrienols, retinol, coenzyme Q10, alliin, allicin, diallyl disulfide, quercetin, protocatechuic acid, lignans and molecules obtained from Allium species, wherein at least one of the two or more antioxidants comprises molecules obtained from Allium species, when used for making a dough for producing dough-based food products including noodles with enhanced fried oil flavour obtainable by the process according to any one of claims 1 to 18, is to be added to a mixture containing flour, a water-based liquid and oil in the range of 0.06% to 15% with respect to the weight of the flour to make the dough.

22. An antioxidant blend comprising an oil and an antioxidant selected from the group consisting of lycopene, lutein, tocotrienols, retinol, coenzyme Q10, alliin, allicin, diallyl disulfide, quercetin, protocatechuic acid, lignans and molecules obtained from Allium species, when used for making a dough for producing dough-based food products including noodles with enhanced fried oil flavour obtainable by the process according to any one of

claims 1 to 18, is to be added to a mixture containing flour and a water-based liquid to make the dough, wherein the oil is to be in an amount of 0.06% to 15% with respect to the weight of the flour.

23. The antioxidant blend according to claim 21, further comprising an oil, wherein the two or more antioxidants are dispersed within the oil.

24. The antioxidant blend according to claim 21 or 23, wherein the oil is selected from the group consisting of sunflower oil, sesame seed oil, flaxseed oil, olive oil, oils extracted from roasted oil seeds such as sunflower, sesame and flaxseed, fractions of palm oil, palmolein, crude palm oil, refined bleached deodorized palm oil, onion-infused oil, garlic-infused oil, fried garlic oil, fried onion oil, pre-fried oil and any combination thereof.

25. Noodles obtainable by the process according to any one of claims 1 to 18, the noodles comprising:

two or more antioxidants selected from the group consisting of lycopene, lutein, tocotrienols, retinol, coenzyme Q10, alliin, allicin, diallyl disulfide, quercetin, protocatechuic acid, lignans and molecules obtained from Allium species, wherein at least one of the two or more antioxidants comprises molecules obtained from Allium species; and

a final oil content in the range of 2% to 11%;

wherein the noodles having an enhanced fried oil flavor comparable to intensity of fried oil flavor possessed by deep fried noodle containing high concentration of oil from 15% to more than 25%.

26. The noodles according to claim 25, wherein the enhanced fried oil flavour comprises a score between 8 and 17.