



Quick Pork Noodle Soup with Pak Choi and Mushrooms

Calorie Smart 20 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories

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Pak Choi



Pork Mince



Sliced Mushrooms



Egg Noodle Nest



Ginger, Garlic & Lemongrass Puree



Soy Sauce



Chicken Broth Paste



Sambal Paste



Roasted White Sesame Seeds



Beef Mince

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, saucepan and sieve.

Ingredients

Ingredients	2P	3P	4P
Pak Choi**	1	2	2
Pork Mince**	240g	360g	480g
Sliced Mushrooms**	80g	120g	160g
Egg Noodle Nest 8 13	2 nests	3 nests	4 nests
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Soy Sauce 11 13	25ml	40ml	50ml
Chicken Broth Paste	15g	30g	30g
Sambal Paste	15g	22g	30g
Roasted White Sesame Seeds 3	5g	7g	10g

Beef Mince**	240g	360g	480g
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Pantry	2P	3P	4P
Boiled Water for the Soup*	450ml	750ml	900ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	327g	100g	327g	100g
Energy (kJ/kcal)	2644/632	808/193	2418/578	739/177
Fat (g)	30.5	9.3	23.9	7.3
Sat. Fat (g)	10.4	3.2	9.2	2.8
Carbohydrate (g)	51.4	15.7	51.1	15.6
Sugars (g)	4.3	1.3	4.1	1.2
Protein (g)	37.6	11.5	40.9	12.5
Salt (g)	5.01	1.53	5.06	1.55

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Point™ values based on low-cal cooking spray oil.

Allergens

3) Sesame **8**) Egg **11**) Soya **13**) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Start the Prep

- Boil a full kettle.
- Trim the **pak choi**, then separate the leaves.
- Bring a large saucepan of **water** to the boil with $\frac{1}{4}$ **tsp salt** for the **noodles**.



Make your Fragrant Broth

- Once the **mince** is browned, stir in the **ginger, garlic & lemongrass puree** and cook until fragrant, 30 secs.
- Add the **soy sauce** and simmer until evaporated, 1-2 mins.
- Stir in the **boiled water for the soup** (see pantry for amount) from your kettle, **chicken broth paste** and **sambal paste** (add less if you'd prefer things milder). Combine well and bring to the boil.



Get Frying

- Heat a drizzle of **oil** in another large saucepan on high heat.
- Once hot, add the **pork mince** and **mushrooms**. Fry until browned, 5-6 mins.
- Use a spoon to break up the **mince** as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **pork**, cook the recipe in the same way.



Simmer and Season

- Once boiling, reduce the heat and simmer your **broth** for 2-3 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.
- Taste and season with **salt** and **pepper** if needed.



Cook the Noodles and Pak Choi

- Meanwhile, when your pan of **water** is boiling, add the **noodles** and **pak choi**.
- Cook until tender, 4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop the **noodles** sticking together and to keep the **veg** vibrant.



Serve

- When ready, share the **cooked noodles and pak choi** between your bowls.
- Pour the **pork and mushroom broth** over the **noodles** to make your **soup**.
- Sprinkle over the **sesame seeds** to finish.

Enjoy!