




Szechuan Style Pork Noodles with Mushrooms

Quick 20-25 Minutes • **Medium Spice** • 1 of your 5 a day

13



-  Garlic Clove
-  Pork Mince
-  Sliced Mushrooms
-  Egg Noodle Nest
-  Szechuan Paste
-  Ketjap Manis
-  Soy Sauce
-  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. Ingredients in red are hot!

Cooking tools

Kettle, garlic press, frying pan, saucepan and sieve.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Pork Mince**	240g	360g	480g
Sliced Mushrooms**	180g	300g	360g
Egg Noodle Nest (8) (13)	125g	187g	250g
Szechuan Paste (11)	1 sachet	1 sachet	2 sachets
Ketjap Manis (11)	50g	75g	100g
Soy Sauce (11) (13)	25ml	40ml	50ml
Beef Mince**	240g	360g	480g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	355g	100g	355g	100g
Energy (kJ/kcal)	2884 /689	813 /194	2658 /635	749 /179
Fat (g)	27.3	7.7	20.7	5.8
Sat. Fat (g)	10.2	2.9	8.9	2.5
Carbohydrate (g)	74.4	21.0	74.1	20.9
Sugars (g)	22.6	6.4	22.4	6.3
Protein (g)	36.0	10.1	39.2	11.1
Salt (g)	6.52	1.84	6.57	1.85

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

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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Get Prepped

- Boil a full kettle.
- Peel and grate the **garlic** (or use a garlic press).



Get Frying

- Meanwhile, heat a large frying pan on medium-high heat with a drizzle of **oil**.
- Once hot, add the **pork mince** and **sliced mushrooms**.
- Fry until the **mince** has browned and the **mushrooms** are cooked, 5-6 mins. Use a spoon to break it up as it cooks. **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.



Sauce Time

- When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** The mince is cooked when no longer pink in the middle.
- Add the **garlic** and fry for 1 min more.
- Stir in the **Szechuan paste**, **ketjap manis** and **soy sauce**.
- Simmer until thickened slightly, 2-3 mins.



Finishing Touches

- Stir the **cooked noodles** into the **sauce**.
- Taste and season with **salt** and **pepper** if needed.
- Add a splash of **water** if the **sauce** is looking a little too thick.



Cook the Noodles

- While the **mince** cooks, pour the **boiled water** into a large saucepan with $\frac{1}{4}$ **salt** and bring to a boil.
- Add the **noodles** and cook until tender, 4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Serve Up

- Share your **Szechuan pork noodles** between your serving bowls.

Enjoy!