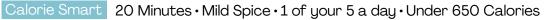


# **Quick Pork Noodle Soup**

with Pak Choi and Mushrooms









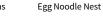




Sliced Mushrooms











Soy Sauce

Ginger, Garlic & Lemongrass Puree



Chicken Broth



Sambal

### 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 <b>11) 13)</b>	15ml	25ml	30ml
Chicken Broth Paste	15g	30g	30g
Sambal	15g	23g	30g
_			
Pantry	2P	3P	4P
Boiled Water for the Soup*	450ml	750ml	900ml

### \*Not Included \*\*Store in the Fridge **Nutrition**

Typical Values	Per serving	Per 100g
for uncooked ingredient	319g	100g
Energy (kJ/kcal)	2563 /613	804/192
Fat (g)	29.0	9.1
Sat. Fat (g)	10.2	3.2
Carbohydrate (g)	50.9	16.0
Sugars (g)	4.2	1.3
Protein (g)	36.5	11.5
Salt (g)	4.03	1.27

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

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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Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







# Start the Prep

- a) Boil a full kettle.
- b) Trim the pak choi, then separate the leaves.
- c) Bring a large saucepan of water to the boil with 1/4 tsp salt for the noodles.



# **Get Frying**

- a) Heat a drizzle of oil in a medium saucepan on medium-high heat.
- b) Once hot, add the pork mince and mushrooms. Fry until browned, 5-6 mins.
- c) 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.



### Cook the Noodles and Pak Choi

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



# Make your Fragrant Broth

- a) Once the mince is browned, stir in the ginger, garlic & lemongrass puree and soy sauce.
- **b)** Cook until fragrant and the **soy** has evaporated, 1-2 mins.
- c) Stir in the boiled water for the soup (see pantry for amount) from your kettle, chicken broth paste and sambal. Stir to combine and bring to the boil.



### Simmer and Season

- a) 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.
- b) Taste and season with salt and pepper if needed.



### Serve

- a) When ready, share the cooked noodles and pak choi between your bowls.
- b) Pour the pork and mushroom broth over the **noodles** and **veg** to make your **soup** and tuck in.

### Enjoy!



