



# Quick Pork Noodle Soup with Pak Choi and Mushrooms

26

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



Pak Choi



Pork Mince



Sliced Mushrooms



Egg Noodle Nest



Ginger, Garlic &  
Lemongrass Puree



Soy Sauce



Chicken Broth  
Paste



Sambal

**Pantry Items**  
Oil, Salt, Pepper

## 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)	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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	319g 2563 /613	100g 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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## 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 **soy sauce**.
- Cook until fragrant and the **soy** has evaporated, 1-2 mins.
- 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.



## Get Frying

- Heat a drizzle of **oil** in a medium saucepan on medium-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.



## 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.



## Serve

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

## Enjoy!

