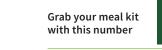


# Sichuan Pork Noodle Soup

with Green Beans & Baby Leaves

WINTER WARMERS

NEW









Green Beans





**Spring Onion** 

Pork Mince





Seasoning

**Oyster Sauce** 



Sichuan Garlic Paste

Egg Noodles



Baby Leaves







Prep in: 20-30 mins Ready in: 25-35 mins

Calorie Smart



This Sichuan-flavoured soup will warm you up from the inside out! Pork mince, mixed veggies and golden egg noodles all come together in a warm and comforting broth that's packed full of flavour. Perfect for chilly days, this will fulfill any comfort-food needs.

**Pantry items** 

Olive Oil

#### Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Large saucepan with lid · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
green beans	1 small packet	1 medium packet
spring onion	1 stem	2 stems
pork mince	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	2 sachets	4 sachets
boiling water*	3½ cups	7 cups
oyster sauce	1 medium packet	1 large packet
Sichuan garlic paste	1 packet	2 packets
egg noodles	1 packet	2 packets
baby leaves	1 small packet	1 medium packet
*Pantry Items		

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## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2634kJ (629Cal)	653kJ (156Cal)
Protein (g)	34.7g	8.6g
Fat, total (g)	18.4g	4.6g
- saturated (g)	5.6g	1.4g
Carbohydrate (g)	81.3g	20.2g
- sugars (g)	22.4g	5.6g
Sodium (mg)	2375mg	589mg
Dietary Fibre (g)	10.8g	2.7g

The quantities provided above are averages only.

### **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Cook the veggies

- · Boil the kettle.
- Thinly slice carrot into half-moons.
- Trim and roughly chop green beans.
- Thinly slice **spring onion**.



## Cook the pork

- In a large saucepan, heat a drizzle of olive oil over high heat. Cook pork mince, breaking up with a spoon, until just browned, 3-4 minutes.
- Add sweet soy seasoning and cook, until fragrant, 1 minute. Transfer to a bowl and cover to keep warm.



## Make the noodle soup

- Wash and dry saucepan, then return to medium-high heat. Add the boiling water (3½ cups for 2 people / 7 cups for 4 people), oyster sauce and Sichuan garlic paste. Stir to combine, then bring to the boil.
- Add egg noodles, carrot and green beans, then cover with a lid. Reduce to a simmer and cook until noodles are tender, 4-5 minutes.
- In the last minute, gently stir noodles with a fork to separate.
- Remove pan from heat and stir in **baby leaves** until wilted. Season to taste.



## Serve up

- Divide noodle soup between bowls.
- Top noodle soup with pork and spring onion to serve. Enjoy!

