



# Asian BBQ Pork Noodle Soup

with Green Beans & Baby Spinach

NEW



Grab your Meal Kit with this symbol



Carrot



Green Beans



Spring Onion



Oyster Sauce



Sichuan Garlic Paste



Egg Noodles



Baby Spinach Leaves



Pork Mince



Asian BBQ Seasoning



Beef Mince

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

Calorie Smart

Rich pork bursting with Asian spices pairs perfectly with delicate noodles and tender veggies simmering away in our umami and garlicky broth. Complete with a scattering of spring onion for some added freshness and crunch.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil



## Before you start

Wash your hands and any fresh food.

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 a lid · Large frying pan

## Ingredients

|                       | 2 People        | 4 People                              |
|-----------------------|-----------------|---------------------------------------|
| <b>olive oil*</b>     | refer to method | refer to method                       |
| carrot                | 1               | 2                                     |
| green beans           | 1 small packet  | 1 medium packet                       |
| spring onion          | 1 stem          | 2 stems                               |
| <b>boiling water*</b> | 3 cups          | 6 cups                                |
| oyster sauce          | 1 medium packet | 1 large packet                        |
| Sichuan garlic paste  | 1 packet        | 2 packets                             |
| egg noodles           | 1 medium packet | 2 medium packets                      |
| baby spinach leaves   | 1 small packet  | 1 medium packet                       |
| pork mince            | 1 medium packet | 2 medium packets<br>OR 1 large packet |
| Asian BBQ seasoning   | 1 medium sachet | 2 medium sachets                      |
| beef mince**          | 1 medium packet | 2 medium packets<br>OR 1 large packet |

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

| Avg Qty           | Per Serving     | Per 100g       |
|-------------------|-----------------|----------------|
| Energy (kJ)       | 2644kJ (632Cal) | 689kJ (165Cal) |
| Protein (g)       | 34.8g           | 9.1g           |
| Fat, total (g)    | 18.9g           | 4.9g           |
| - saturated (g)   | 5.9g            | 1.5g           |
| Carbohydrate (g)  | 80.1g           | 20.9g          |
| - sugars (g)      | 23.1g           | 6g             |
| Sodium (mg)       | 3211mg          | 836mg          |
| Dietary Fibre (g) | 10.1g           | 2.6g           |

### Custom Recipe

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2671kJ (638Cal) | 696kJ (166Cal) |
| Protein (g)      | 38.2g           | 9.9g           |
| Fat, total (g)   | 18g             | 4.7g           |
| - saturated (g)  | 6.4g            | 1.7g           |
| Carbohydrate (g) | 80.1g           | 20.9g          |
| - sugars (g)     | 23.1g           | 6g             |
| Sodium (mg)      | 3212mg          | 836mg          |
| Dietary Fibre    | 10.1g           | 2.6g           |

The quantities provided above are averages only.

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Cook the veggies

- Thinly slice **carrot** into half-moons.
- Trim and roughly chop **green beans**.
- Thinly slice **spring onion**.
- Boil the kettle.
- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot**, stirring, until tender, **4-5 minutes**.



## Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **Asian BBQ seasoning** and cook, until fragrant, **1 minute**.

**Custom Recipe:** If you've swapped to beef mince, cook beef mince in the same way as above. Drain oil from pan before adding the seasoning.



## Make the noodle soup

- To saucepan, carefully add the **boiling water** (3 cups for 2 people / 6 cups for 4 people), **oyster sauce** and **Sichuan garlic paste**. Stir to combine, then bring to the boil.
- Add **egg noodles** 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 spinach leaves** until wilted. Season to taste. Transfer **noodle soup** to serving bowls.



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns



## Rate your recipe

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