

Eat Within 4 Days

COOK

Spanish-style Pork Chorizo Noodles

with kidney beans & peas

Hands-on Time: 5 minutes

Overall Time: 8 minutes

Lunch: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	875kJ	2424kJ
Energy	209kcal	580kcal
Protein	9.1g	25.3g
Carbs	23g	63g
of which sugars	1.8g	5.1g
Fibre	3.3g	10.8g
Fat	7.4g	20.5g
of which saturated	3.2g	8.8g
Sodium	197mg	544mg

Allergens: Sulphites, Egg, Gluten, Sugar Alcohol (Sweetener), Wheat, Cow's Milk, Alcohol, Allium

Spice Level: Hot

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1 cake	2 cakes	Egg Noodles
40g	80g	Peas
20ml	40ml	Colleen's Handmade Smoked Paprika Chilli Sauce
50ml	100ml	Sour Cream
60g	120g	Kidney Beans *drain & rinse*
30g	60g	Sliced Pork Chorizo *roughly chop*
1	1	Spring Onion *rinse, trim & roughly slice*

From Your Kitchen

Seasoning (salt & pepper)
Water

1. PEAS & NOODLES Boil the kettle. Place the noodles and the peas in a bowl and submerge in boiling water. Cook in the microwave until al dente, 5 minutes. Drain (reserving the water) by placing a plate over the bowl, leaving a small gap for the water to drain.

2. LOAD WITH FLAVOUR In a serving bowl, combine the chilli sauce (to taste), and the sour cream. Loosen with the reserved water in 10ml increments until drizzling consistency. Add the noodles, the peas, the kidney beans, the chorizo, seasoning, and mix to combine. Garnish with the spring onion, and dig in and enjoy!