



# UCCOOK

## Spanish-style Pork Chorizo Noodles

with kidney beans & peas

**Hands-on Time:** 8 minutes

**Overall Time:** 10 minutes

**Lunch:** Serves 3 & 4

**Chef:** Kate Gomba

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 882kJ    | 2465kJ      |
| Energy             | 211kcal  | 590kcal     |
| Protein            | 9.2g     | 25.6g       |
| Carbs              | 23g      | 65g         |
| of which sugars    | 1.8g     | 5.1g        |
| Fibre              | 2.1g     | 5.2g        |
| Fat                | 7.4g     | 20.6g       |
| of which saturated | 3.1g     | 8.8g        |
| Sodium             | 196.5mg  | 649.1mg     |

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

**Spice Level:** Hot

Eat Within 4 Days

### Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |   |
|----------|------------|---|
| 3 cakes  | 4 cakes    | Egg Noodles   |
| 120g     | 160g       | Peas  |
| 60ml     | 80ml       | Colleen's Handmade<br>Smoked Paprika Chilli Sauce       |
| 150ml    | 200ml      | Sour Cream  |
| 180g     | 240g       | Kidney Beans<br><i>drain &amp; rinse</i>                |
| 90g      | 120g       | Sliced Pork Chorizo<br><i>roughly chop</i>              |
| 2        | 2          | Spring Onions<br><i>rinse, trim &amp; roughly slice</i> |

### 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, 8 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!