



Dandan noodles

with crispy mince and Asian greens



Fresh noodles slathered in a rich tahini sauce with mouth-watering Szechuan pepper and topped with crispy, tangy TVP mince and Asian greens. This is the midweek adventure that your taste buds need!

HIGH PROTEIN | Adventurous, Quick & easy, Spicy (mild)



Make this dish within 5 days of receiving your meal kit



Cooking equipment: medium pot, large frying pan



Pantry items needed: vegetable oil



Hands-on: 10-15 minutes
Ready in: 15-20 minutes



Serves: 2 or 4

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Water for mince*	1 cup	2 cups
TVP mince	1 packet	1 packet
Pickled gherkins	1 tub	1 tub
Spring onions	60g	120g
Asian greens	100g	200g
Dandan noodle sauce	1 tub	1 tub
Water*	3 tbsp	½ cup
Vegetable oil*	1 tbsp	2 tbsp
Mince seasoning	1 tub	1 tub
Fresh noodles	1 packet	1 packet
Toasted sesame seeds	1 packet	1 packet

* Pantry items

Allergens and ingredients

Allergens: gluten, wheat, soy, sesame, sulphites.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Prepare ingredients

Boil **water for mince***. In a heatproof bowl, add **TVP mince** and **water for mince***. Stir, cover and allow to stand for **10 minutes**.

Quarter **pickled gherkins** lengthways and finely dice. Finely slice **spring onion**. Slice **Asian greens** into thick pieces.

Shake **dandan noodle sauce**. In a small bowl, add **dandan noodle sauce** and **water*** and whisk until smooth.

2. Cook mince

In a large frying pan over medium heat, add **vegetable oil*** and **TVP mince** and cook, stirring, for **5 minutes**. Shake tub of **mince seasoning**. Add **mince seasoning** and **pickled gherkins** to frying pan and allow the liquid to absorb, about **1 minute**. Remove from the heat and set aside.

3. Cook noodles

Fill a medium pot $\frac{3}{4}$ -full with water and bring to a boil. Add **Asian greens** and blanch for **1 minute**. Using tongs, remove from the pot and allow to drain in a colander.

In the same pot, add the **fresh noodles**, reduce to a simmer and cook for **8 minutes**. Drain and return **noodles** to the pot. Add **dandan noodle sauce** and stir to coat **noodles**.

4. Serve

Serve **dandan noodles** into deep serving bowls and top with crispy **mince**, **Asian greens**, **spring onion** and **toasted sesame seeds**.

Eat your way
to healthy!



Tahini is high in fibre, protein and several important vitamins and minerals. The sesame seeds that make up tahini are a solid source of and zinc, selenium, copper, iron, vitamins B6 and E, which are crucial for your immune system.

The healthy fats making up 80% of all fats in tahini are linked to lowering bad cholesterol and reducing the risk of heart disease. An all round great ingredient to include in your diet!

Nutritional information*

	Per 395g serve	Per 100g
Energy	2453kJ (587Cal)	621kJ (1149Cal)
Protein	32.3g	8.2g
Fat, total	36.2g	9.2g
- Saturated	12.9g	3.3g
Carbohydrate	56g	14g
- Sugars	8g	2g
Sodium	2543mg	345mg

* Nutritional information is based on averages