



Chinese black bean noodles

with gai lan and shiitake mushrooms



These quick, tasty and umami-rich noodles are based on a classic Chinese stir fry. They are full of flavour from preserved black beans, which funnily enough, aren't black beans at all but black soybeans! The fresh noodles are complemented by shiitake mushrooms, gai lan and bird's eye chilli for just the right amount of warming heat.

Adventurous, Spicy (hot/optional)



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large pot, wok / large frying pan



Pantry items needed: peanut/vegetable oil



Hands-on: 20-25 minutes
Ready in: 25-30 minutes



Serves: 2 or 4

Before you start

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

Ingredients

	2 serves	4 serves
Preserved black beans	1 tub	1 tub
Yang chun noodles	1 packet	1 packet
Vegetable oil for noodles*	1tsp	2 tsp
Garlic	12g	24g
Bird's eye chilli	6g	12g
Shiitake mushrooms	100g	200g
Gai lan	200g	400g
Vegetable stock cube/s	1	2
Boiling water*	1 cup	2 cups
Corn starch*	1 tsp	2 tsp
Peanut/vegetable oil*	2 tbsp	4 tbsp
Noodle seasoning	1 tub	1 tub

*Pantry items

Allergens and ingredients

Allergens: wheat, soy, sesame.

May contain traces of other allergens.

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

Instructions

1. Prepare black beans

In a small bowl, add **preserved black beans** and boiling water to cover and allow **beans** to soften for **10 minutes**. Drain and finely chop.

2. Cook noodles

Fill a large pot 2/3-full with water and bring to a boil. Add **noodles** and cook for **4 minutes**. Drain into a sieve, add back to the pot and toss in **vegetable oil for noodles*** (tip 1).

3. Prepare ingredients

Mince **garlic**. Finely chop half the quantity of **chilli** (tip 2) and finely slice remaining **chilli** for garnish. Wipe **shiitake mushrooms** clean with kitchen paper towel and finely chop. Chop **gai lan** stems into 4cm pieces (slice thick stems lengthways) and thickly slice leaves, keeping stems and leaves separate. In a jug, add **stock cube/s** and **boiling water*** and stir to dissolve. Add **corn starch*** to a small bowl, add **stock (1 tbsp for 2 serves or 2 tbsp for 4 serves)** and mix well to form a smooth paste.

4. Stir fry

In a wok/large frying pan over medium heat, add **peanut/vegetable oil***. When hot, add **beans**, **garlic**, **chilli** and **gai lan stems** and stir fry for **1 minute**. Add **shiitake** and **gai lan leaves** and stir fry for **1 minute**. Add **stock** and **noodle seasoning** and allow to cook until liquid has reduced by half, about **5 minutes**. Add **corn starch paste** and bring to a boil, stirring constantly, until thickened and glossy, about **1 minute**. Add **noodles** and toss to coat with the **sauce**.

5. Serve

Serve **Chinese black bean noodles** in bowls, sprinkled with **chilli**.

Cooking tips

1. A little bit of oil stops the noodles from sticking and clumping.
2. If you prefer a milder heat, deseed the chilli before chopping or omit entirely.

Eat your way to healthy!



Chillis are rich in various vitamins and minerals. These spicy fruits are packed with energy boosting vitamin B, vitamin K1, an essential for our blood, bones and kidneys and beat oranges 3:1 with immune-boosting vitamin C.

Chillis are also rich in powerful, cancer-fighting antioxidants called capsanthins, capsaicins and ferulic acid. All have been shown to have anti-inflammatory and gene-changing properties which protect against chronic diseases.

Nutritional information*

	Per 460g serve	Per 100g
Energy	2567kJ (614Cal)	558kJ (134Cal)
Protein	18.4g	4.0g
Fat, total	22.4g	4.9g
- Saturated	3.4g	0.7g
Carbohydrate	79g	17g
- Sugars	9g	2g
Sodium	431mg	94mg

* Nutritional information is based on averages