



Sriracha Bulgogi Pork Noodles

with Carrot and Green Beans

Family 20-25 Minutes • Mild Spice • 1 of your 5 a day

3



Green Beans



Garlic Clove



Carrot



Pork Mince



Egg Noodle Nest



Bulgogi Sauce



Soy Sauce



Sriracha Sauce



Beef Mince

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Saucepan, garlic press, frying pan and sieve.

Ingredients

Ingredients	2P	3P	4P
Green Beans**	80g	150g	150g
Garlic Clove**	2	3	4
Carrot**	1	2	2
Pork Mince**	240g	360g	480g
Egg Noodle Nest 8 13	125g	187g	250g
Bulgogi Sauce 11	150g	225g	300g
Soy Sauce 11 13	25ml	40ml	50ml
Sriracha Sauce	15g	22g	30g
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	404g	100g	404g	100g
Energy (kJ/kcal)	3138 / 750	776 / 186	2912 / 696	720 / 172
Fat (g)	31.2	7.7	24.6	6.1
Sat. Fat (g)	10.5	2.6	9.2	2.3
Carbohydrate (g)	79.2	19.6	79.0	19.5
Sugars (g)	30.3	7.5	30.1	7.4
Protein (g)	34.6	8.6	37.8	9.4
Salt (g)	5.29	1.31	5.29	1.31

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

8 Egg **11** Soya **13** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

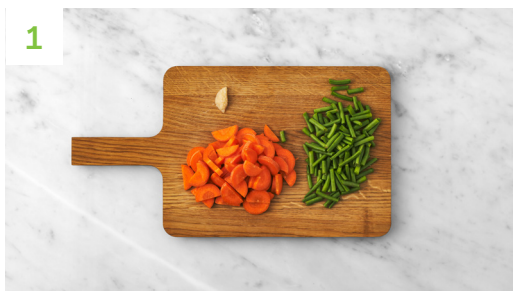
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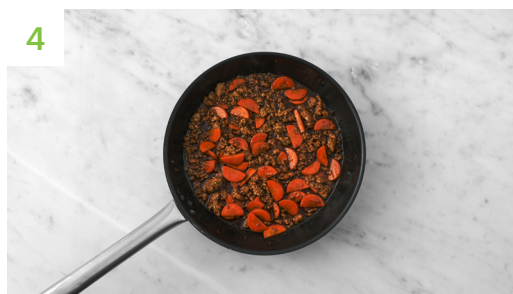
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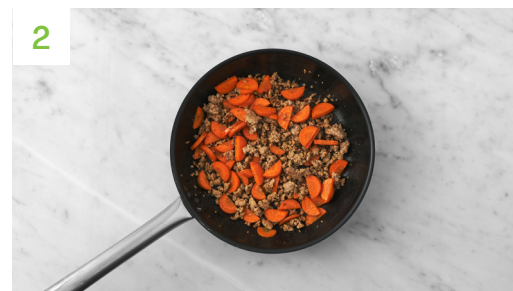
Get Prepped

- Bring a large saucepan of **water** to the boil with $\frac{1}{2}$ **tsp salt**.
- Trim the **green beans**, then cut into thirds. Peel and grate the **garlic** (or use a garlic press).
- Trim the **carrot**, then halve lengthways (no need to peel). Slice widthways into pieces about $\frac{1}{2}$ cm thick.



Sauce Things Up

- Once the **pork mince** has browned, stir in the **garlic** and cook for 1 min more. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*
- Add the **bulgogi sauce**, **soy sauce**, **sriracha** (add less if you'd prefer things milder) and **water for the sauce** (see pantry for amount). Bring to the boil and simmer until slightly reduced, 1-2 mins.



Brown the Mince

- Heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **pork mince** and **carrot**. Season with **salt** and **pepper**. Fry until the **pork** has browned and **carrot** is tender, 4-5 mins. Use a spoon to break up the **mince** as it cooks. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*

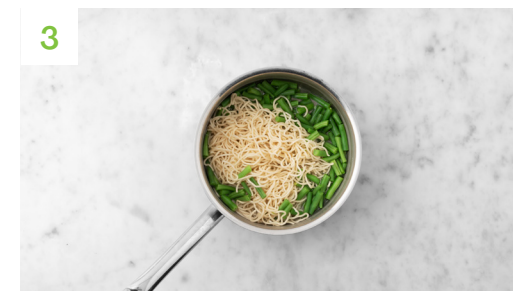
CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **pork**, cook the recipe in the same way.



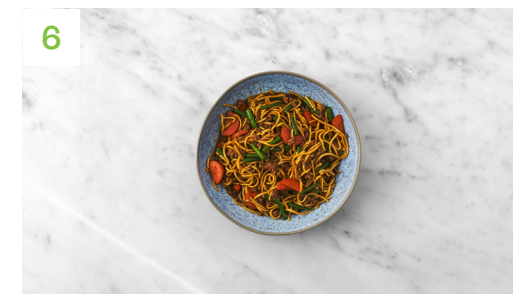
Combine and Stir

- Add the **cooked noodles** and **green beans** to the **pork**.
- Toss to coat and simmer until piping hot, 1-2 mins.
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little dry.



Cook the Noodles and Beans

- Meanwhile, add the **green beans** and **noodles** to the pan of **boiling water**.
- Simmer until tender, 4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop the **noodles** sticking together and keep the **veg** vibrant.



Serve

- Share your **bulgogi pork noodles** between bowls.

Enjoy!