



Korean BBQ Pork Mince

with Green Beans, Jasmine Rice and Crispy Onions

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

11



Jasmine Rice



Garlic Clove



Green Beans



Pak Choi



British Pork Mince



Gochujang Paste



Vegetable Stock Paste



BBQ Sauce



Crispy Onions



Unconventional Plant-Based Burgers

Pantry Items

Oil, Salt, Pepper, Sugar

Make it Vegetarian

If you chose to make this recipe veggie, 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, sieve, lid, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Garlic Clove**	2	3	4
Green Beans**	80g	120g	160g
Pak Choi**	1	2	2
British Pork Mince**	240g	360g	480g
Gochujang Paste 11	50g	75g	100g
Vegetable Stock Paste 10	10g	15g	20g
BBQ Sauce	48g	72g	96g
Crispy Onions 13	1 sachet	1½ sachets	2 sachets
Unconventional Plant-Based Burgers** 11	2	4	4
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	569g	100g	539g	100g
Energy (kJ/kcal)	3149/753	554/132	2626/628	488/117
Fat (g)	30.8	5.4	17.3	3.2
Sat. Fat (g)	11.4	2.0	7.1	1.3
Carbohydrate (g)	85.9	15.1	92.0	17.1
Sugars (g)	15.2	2.7	15.4	2.9
Protein (g)	33.0	5.8	23.4	4.4
Salt (g)	3.29	0.58	4.22	0.78

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

Allergens

10) Celery **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, mollusc, 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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Start the Rice

- Boil a full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Get Prepped

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Trim the **green beans**, then cut into thirds.
- Trim the **pak choi**, then thinly slice widthways.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.



Start the Sauce

- Once hot, add the **pork mince** and **beans**. Fry until the **mince** has browned, 5-6 mins. Use a spoon to break up the **mince** as it cooks.
- When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**.
IMPORTANT: Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

Make it Vegetarian

If you've chosen the veggie version, add the **plant-based burgers** to the pan with the **beans** on a medium-high heat. Use a spoon to mash the **burgers** into a mince-like texture. Cook, 5-6 mins, then continue as instructed. **IMPORTANT:** Ensure they're piping hot throughout.



Bring the Flavour

- Add the **pak choi** and **garlic** to the **mince**. Stir fry for 1 min.
- Stir in the **gochujang paste** (add less if you'd prefer things milder), **veg stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Bring to the boil.
- Once boiling, reduce the heat and simmer until the **pork** is cooked and the **sauce** has thickened, 3-4 mins. Stir occasionally.



Finishing Touches

- Once the **sauce** has thickened, remove from the heat. Stir in the **BBQ sauce**.
- Taste the **sauce** and season with **salt** and **pepper** if needed.



Serve

- Share the **rice** between your serving bowls.
- Top with the **gochujang BBQ mince**.
- Sprinkle over the **crispy onions** to finish.

Enjoy!