



# Bulgogi Pork Tacos

with Sesame Mayo and Pickled Cucumber

**Rapid** 20 Minutes • 2 of your 5 a day

N° 10



Echalion Shallot



Bell Pepper



Garlic



Sesame Seeds



Mayonnaise



Pork Mince



Cucumber



Rice Vinegar



Bulgogi Sauce



Soft Shell Taco

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Garlic Press, Frying Pan, Wooden Spoon, Bowl, Vegetable Peeler, Plate.

## Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Bell Pepper***	1	2	2
Garlic	1	2	2
Sesame Seeds <b>3)</b>	15g	15g	15g
Mayonnaise <b>8) 9)</b>	2 sachets	3 sachets	4 sachets
Pork Mince**	240g	360g	480g
Cucumber**	½	¾	1
Rice Vinegar	1 sachet	1 sachet	2 sachets
Bulgogi Sauce <b>11)</b>	75g	100g	150g
Soft Shell Taco <b>13)</b>	6	9	12
Sugar*	1 tsp	1½ tsp	2 tsp

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red, orange or green to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	490g	100g
Energy (kJ/kcal)	3136 /750	640 /153
Fat (g)	34	7
Sat. Fat (g)	9	2
Carbohydrate (g)	76	16
Sugars (g)	22	4
Protein (g)	32	7
Salt (g)	2.26	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

3) Sesame 8) Egg 9) Mustard 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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## Prep Time

- Halve, peel and thinly slice the **shallot**.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Peel and grate the **garlic** (or use a garlic press).



## Pickle the Cucumber

- Meanwhile, trim the **cucumber**. Use a vegetable peeler to peel long ribbons from all sides of the length of the **cucumber**. Stop when you get to the spongy centre.
- Pop into a bowl and pour over the **rice vinegar**, a pinch of **salt** and the **sugar** (see ingredients for amount).
- Toss to coat and keep to one side.



## Make the Mayo

- Heat a large frying pan on medium heat (no **oil**).
- Once hot, add the **sesame seeds** and cook, stirring regularly, until lightly toasted, 1-2 mins.  
**TIP:** Watch them like a hawk as they can burn easily.
- Once toasted, divide them between 2 small bowls, stir the **mayo** into one of the bowls. Season with **salt** and **pepper**, mix together and set aside.



## Finish the Pork

- When the **shallot** and **peppers** are softened and the **pork** is cooked through, add the **garlic** to the pan. **IMPORTANT:** The pork is cooked when no longer pink in the middle.
- Stir and cook until fragrant, 1 min.
- Stir in the **bulgogi sauce**, heat gently until piping hot, then remove from the heat.



## Brown the Mince

- Pop your pan back on high heat and add a drizzle of **oil**.
- When hot, add the **pork mince**. Cook until browned, breaking up with a spoon as it cooks, 2-3 mins. Drain and discard any excess fat from the **pork**, then season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw meat.
- Stir the **shallot** and **pepper** into the **pork** and continue cooking for another 4-5 mins.



## Taco Time

- Layout 3 **tacos** per person on each plate.
- Spread on the **mayo** with the back of a spoon. Top with the **pork mixture** and some of the **cucumber**.
- Serve any remaining **cucumber** alongside. Sprinkle over the remaining **sesame seeds**, fold and devour.

Enjoy!

There may be changes to ingredients in recipes:

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.