



Sticky Bulgogi Pork Noodles

with Tenderstem® Broccoli and Green Beans

Family 20 Minutes • Little Spice • 1 of your 5 a day

9



Red Onion



Green Beans



Tenderstem® Broccoli



Garlic Clove



Salted Peanuts



Pork Mince



Egg Noodle Nest



Bulgogi Sauce



Chilli Flakes

Before you start

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

Cooking tools, you will need:

Saucepan, Garlic Press, Frying Pan, Wooden Spoon, Colander, Measuring Jug, Bowl.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Green Beans**	80g	150g	150g
Tenderstem® Broccoli**	80g	80g	150g
Garlic Clove	2	3	4
Salted Peanuts 1)	25g	40g	40g
Pork Mince**	240g	360g	480g
Egg Noodle Nest 8) 13)	2 nest	3 nests	4 nests
Water*	75ml	100ml	150ml
Bulgogi Sauce 11)	100g	150g	200g
Chilli Flakes	1 pinch	1 pinch	1 pinch

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	395g	100g
Energy (kJ/kcal)	2893 / 691	732 / 175
Fat (g)	27	7
Sat. Fat (g)	7	2
Carbohydrate (g)	78	20
Sugars (g)	24	6
Protein (g)	36	9
Salt (g)	1.83	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 8) Egg 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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Packed in the UK

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1



Get Prepped

a) Bring a large saucepan of **water** to the boil with ½ tsp of **salt**.

b) Halve, peel and thinly slice the **red onion**. Trim the **green beans** and chop into 3 pieces. Halve the **Tenderstem® broccoli** widthways, peel and grate the **garlic** (or use a garlic press).

c) Roughly chop the **peanuts**.

2



Cook the Mince

a) Heat a drizzle of **oil** in a frying pan on medium-high heat.

b) When the **oil** is hot, add the **pork mince**. Season with **salt** and **pepper** and cook until browned, 4-5 mins. Use a wooden spoon to break it up as it cooks. Drain and discard any excess fat from the **pork**.

3



Cook the Noodles

a) Meanwhile, add the **noodles** and **broccoli** to the pan of boiling **water**.

b) Simmer until both are tender, 4 mins.

c) Once cooked, drain in a colander. **TIP:** Run the noodles and broccoli under cold water to stop the noodles sticking together and to keep the broccoli vibrant.

4



Cook the Beans

a) Once the **pork mince** has browned, add the **onion** and **green beans** to the pan and stir together.

b) Cook until the **veg** is tender, 4-5 mins then stir in the **garlic** and cook for 1 minute.

c) Add the **water** (see ingredients for amount) and the **bulgogi sauce**. Bring to a simmer and cook until slightly reduced, 30 seconds. **IMPORTANT:** The mince is cooked when no longer pink in the middle.

5



Mix

a) Add the **noodles** and **broccoli** to the pan with the **pork** and **veg**.

b) Toss to coat and add a splash of **water** if you feel it needs it, heat through until piping hot, 1-2 mins.

c) Taste and add **salt** and **pepper** if you feel it needs it.

6



Serve

a) Serve the **noodles** in bowls.

b) Sprinkle the **chilli flakes** (add less if you don't like heat) and **peanuts** on top.

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.