



# Sticky Bulgogi Pork Noodles with Tenderstem® Broccoli and Green Beans

Rapid Eat Me Early • 20 Minutes • 1 of your 5 a day

14



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     | 80g     | 150g    |
| Tenderstem®                   |         |         |         |
| Broccoli**                    | 80g     | 150g    | 150g    |
| Garlic Clove**                | 2       | 3       | 4       |
| Salted Peanuts <b>1)</b>      | 25g     | 40g     | 40g     |
| Pork Mince**                  | 240g    | 360g    | 480g    |
| Egg Noodle Nest <b>8) 13)</b> | 2 nests | 3 nests | 4 nests |
| Water*                        | 75ml    | 100ml   | 150ml   |
| Bulgogi Sauce <b>11)</b>      | 150g    | 225g    | 300g    |
| Chilli Flakes                 | 1 pinch | 1 pinch | 2 pinch |

\*Not Included \*\*Store in the Fridge

## Nutrition

|                                | Per serving | Per 100g    |
|--------------------------------|-------------|-------------|
| <b>for uncooked ingredient</b> | <b>409g</b> | <b>100g</b> |
| Energy (kJ/kcal)               | 2463/589    | 603/144     |
| Fat (g)                        | 27          | 7           |
| Sat. Fat (g)                   | 7           | 2           |
| Carbohydrate (g)               | 54          | 13          |
| Sugars (g)                     | 30          | 7           |
| Protein (g)                    | 31          | 8           |
| Salt (g)                       | 1.48        | 0.36        |

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

Thumbs up or thumbs down?

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HelloFresh UK

Packed in the UK

The Fresh Farm

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 You can recycle me!



## Get Prepped

**a)** Bring a large saucepan of **water** to the boil with  $\frac{1}{2}$  **tsp** of **salt**.

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

**c)** Roughly chop the **peanuts**.



## Cook the Beans

**a)** Once the **pork mince** has browned, drain and discard any excess fat. 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 min.

**c)** Add the **water** (see ingredients for amount) and the **bulgogi sauce**. Bring to a simmer and cook until slightly reduced, 30 seconds.



## 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 spoon to break it up as it cooks.

**IMPORTANT:** Wash your hands after handling raw mince. The mince is cooked when no longer pink in the middle.



## Mix Together

**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.



## 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.



## 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.