



Sticky Bulgogi Pork Noodles with Tenderstem® Broccoli and Green Beans

Rapid 20 Minutes • 1 of your 5 a day

14



Red Onion



Green Beans



Tenderstem®
Broccoli



Garlic Clove



Salted Peanuts



Pork Mince



Egg Noodles



Bulgogi Sauce



Soy Sauce

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, frying pan, colander and measuring jug.

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 1)	25g	40g	40g
Pork Mince**	240g	360g	480g
Egg Noodle Nest 8) 13)	2	3	4
Water for the Sauce*	75ml	100ml	150ml
Bulgogi Sauce 11)	150g	225g	300g
Soy Sauce 11) 13)	15ml	30ml	30ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	417g	100g
Energy (kJ/kcal)	2496 / 597	598 / 143
Fat (g)	27	7
Sat. Fat (g)	7	2
Carbohydrate (g)	54	13
Sugars (g)	30	7
Protein (g)	32	8
Salt (g)	2.70	0.65

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 8) Egg 11) Soya 13) 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, 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.

Contact

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The Fresh Farm

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Get Prepped

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

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

c) Roughly chop the **peanuts**.



Fry the Mince

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

b) When 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 and equipment after handling raw mince.



Cook the Noodles

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

b) Bring back up to the boil, then add the **noodles**. Simmer until tender, 4 mins.

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



Add Beans and Flavour

a) Once the **pork mince** has browned, drain and discard any excess fat. Add the **onion** to the pan and stir together.

b) Cook until the **onion** is golden, 4-5 mins, then stir in the **garlic** and cook for 1 min.

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



Mix it Up

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

b) Toss to coat and add a splash of **water** if you feel it needs it, then heat through until piping hot, 1-2 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.

c) Taste and add **salt** and **pepper** if needed.



Serve

a) When everything is ready, serve your **bulgogi pork noodles** in bowls.

b) Sprinkle the **peanuts** on top.

Enjoy!