



Bulgogi Glazed Pork Meatballs

with Green Beans, Pepper and Garlic Jasmine Rice

Family 30-35 Minutes • 1 of your 5 a day

3



Garlic Clove



Jasmine Rice



Panko Breadcrumbs



Pork Mince



Bell Pepper



Green Beans



Bulgogi Sauce

Pantry Items

Oil, Salt, Pepper, Butter

Before you start

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

Cooking tools

Garlic press, saucepan, lid, bowl, baking tray and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	4	6
Jasmine Rice	150g	225g	300g
Panko Breadcrumbs 13)	10g	20g	25g
Pork Mince**	240g	360g	480g
Bell Pepper***	1	2	2
Green Beans**	80g	150g	150g
Bulgogi Sauce 11)	150g	225g	300g
Pantry	2P	3P	4P
Butter*	20g	30g	40g
Water for the Rice*	300ml	450ml	600ml
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp

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

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	398g	100g
	3625 /866	910 /218
Fat (g)	38.4	9.7
Sat. Fat (g)	15.2	3.8
Carbohydrate (g)	98.8	24.8
Sugars (g)	29.6	7.4
Protein (g)	31.9	8.0
Salt (g)	2.16	0.54

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

Allergens

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, 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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Fry the Garlic

Preheat your oven to 220°C/200°C fan/gas mark 7.
Peel and grate the **garlic** (or use a garlic press).

Pop a deep saucepan (with a tight-fitting lid) on medium-high heat. Melt in the **butter** (see pantry for amount).

Once melted, add **two thirds** of the **garlic** and stir-fry for 1 min.



Ready, Steady, Bake

Pop the **meatballs** onto a large baking tray.

When the oven is hot, bake on the top shelf until the **meatballs** are browned on the outside and cooked through, 12-15 mins. **IMPORTANT: The meatballs are cooked when no longer pink in the middle.**

Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips. Trim and halve the **green beans**.



Add the Rice

Stir the **rice** into the **garlic** and cook until coated, 1 min.

Add **¼ tsp salt** and the **water for the rice** (see pantry for amount) to the pan and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Bring on the Veg

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

Once hot, add the **sliced pepper** and **green beans**. Stir-fry until starting to char, 2-3 mins.

Add a splash of **water** and cover with a lid or some foil. Cook until the **veg** is tender, 4-5 mins.

When ready, remove the lid and add the **cooked meatballs** and **bulgogi sauce** to the pan. Stir to **glaze** the **meatballs**, then simmer for 30 secs.



Make your Meatballs

While the **rice** cooks, in a large bowl, combine the remaining **garlic** and the **breadcrumbs** with the **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **pork mince**.

Season with **pepper** and mix together with your hands.

Roll the mince into even-sized balls, 5 per person. **IMPORTANT: Wash your hands and equipment after handling raw mince.**



Serve Up

When everything's ready, fluff up the **garlic rice** with a fork and share between your bowls.

Top with the **bulgogi glazed meatballs and veg**, spooning over all the **sauce** from the pan.

Enjoy!