

Slow Cooked Korean Style BBQ Pork Mince

with Rice, Green Beans and Roasted Sesame Seeds

Prepped in 10 30-35 Minutes • Medium Spice • 1 of your 5 a day











Green Beans

Tomato Passata





Gochujang Paste





Basmati Rice

BBQ Sauce







Roasted White Sesame Seeds

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!



Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Ovenproof pan, garlic press, lid and saucepan.

Ingredients

3						
Ingredients	2P	3P	4P			
Pork Mince**	240g	360g	480g			
Garlic Clove**	2	3	4			
Green Beans**	80g	150g	160g			
Tomato Passata	1 carton	1½ cartons	2 cartons			
Soy Sauce 11) 13)	15ml	25ml	30ml			
Gochujang Paste 11)	50g	80g	100g			
Basmati Rice	150g	225g	300g			
BBQ Sauce	32g	48g	64g			
Roasted White Sesame Seeds 3)	5g	7g	10g			
Beef Mince**	240g	360g	480g			
Pantry	2P	3P	4P			
Sugar*	1 tsp	1 ½ tsp	2 tsp			
Water for the Sauce*	100ml	150ml	200ml			
Water for the Rice*	300ml	450ml	600ml			
*Not Included **Store in the Fridge						

Mutrition

TACCITCION			Custom Recipe	
Typical Values	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	399g	100g	399g	100g
Energy (kJ/kcal)	3077 /735	771/184	2851/681	714/171
Fat (g)	29.2	7.3	22.6	5.7
Sat. Fat (g)	10.3	2.6	9.0	2.3
Carbohydrate (g)	88.1	22.1	87.9	22.0
Sugars (g)	16.9	4.2	16.7	4.2
Protein (g)	34.2	8.6	37.5	9.4
Salt (g)	3.88	0.97	3.93	0.98

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

Allergens

3) Sesame 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.

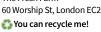
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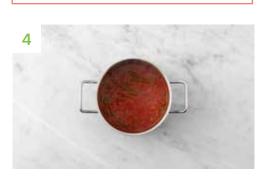
medium-high heat (no oil). TIP: If you don't have an ovenproof pan, use a normal pan and transfer to an ovenproof dish before baking.

Once hot, add the pork mince.

Fry until the **mince** has browned, 4-5 mins. Use a spoon to break it up as it cooks. IMPORTANT: Wash your hands and equipment after handling raw mince.

CUSTOM RECIPE

If you've chosen to get **beef mince** instead of pork, cook the recipe in the same way.



Slow Cook Your Mince

Bring the sauce up to the boil, add the green beans, then pop a lid on the pan (or cover with some foil) and bake on the middle shelf of your oven until the **mince** is tender and the **sauce** has thickened, 20-25 mins. IMPORTANT: The mince is cooked when no longer pink in the middle.



Prep Time

While the pork cooks, peel and grate the garlic (or use a garlic press).

Trim and halve the green beans.



Add the Flavour

When the mince has browned, drain and discard any excess fat. Season with salt and pepper.

Add the garlic to the pork and stir-fry, 30 secs.

Pour the passata, soy sauce, gochujang, sugar and water for the sauce (see pantry for both amounts) into the pan and stir to combine.



Rice Rice Babu

While the pork cooks, pour the water for the rice (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the rice and 1/4 tsp salt 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).



Serve Up

When everything's ready, remove the pork from the oven and stir through the **BBQ sauce**. Taste and season with salt and pepper. Add a splash of water if it's a little too thick.

Fluff up the **rice** with a fork and share between your bowls.

Top with your BBQ pork mince and sprinkle over the sesame seeds to finish.

Enjoy!