



Slow Cooked Korean Style BBQ Pork Mince

with Rice, Green Beans and Roasted Sesame Seeds

9

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



Pork Mince



Garlic Clove



Green Beans



Tomato Passata



Soy Sauce



Gochujang Paste



Basmati Rice



BBQ Sauce



Roasted White Sesame Seeds



Beef Mince

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

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

Nutrition

Typical Values	Custom Recipe			
	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.

Contact

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Fry the Pork

Preheat your oven to 220°C/200°C fan/gas mark 7.

Heat a large, wide-bottomed ovenproof pan on 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.



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.

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.



Rice Rice Baby

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 **¼ 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!