



Super Quick Bulgogi Pork Noodles

with Mushrooms and Sesame Seeds

Super Quick 10-15 Minutes • 1 of your 5 a day

44



Pork Mince



Sliced Mushrooms



Thai Style
Spice Blend



Coleslaw Mix



Egg Noodle
Nest



Bulgogi Sauce



Soy Sauce



Roasted White
Sesame Seeds



Beef Mince

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

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

Kettle, frying pan and saucepan.

Ingredients

Ingredients	2P	3P	4P
Pork Mince**	240g	360g	480g
Sliced Mushrooms**	80g	120g	180g
Thai Style Spice Blend 3)	1 sachet	1½ sachets	2 sachets
Coleslaw Mix**	120g	180g	240g
Egg Noodle Nest 8) 13)	125g	187g	250g
Bulgogi Sauce 11)	75g	100g	150g
Soy Sauce 11) 13)	15ml	25ml	30ml
Roasted White Sesame Seeds 3)	5g	7g	10g
Beef Mince**	240g	360g	480g

Pantry	2P	3P	4P
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	347g	100g	347g	100g
Energy (kJ/kcal)	2897 / 692	835 / 200	2671 / 638	770 / 184
Fat (g)	30.6	8.8	24.0	6.9
Sat. Fat (g)	10.5	3.0	9.3	2.7
Carbohydrate (g)	68.2	19.6	67.9	19.6
Sugars (g)	19.9	5.7	19.7	5.7
Protein (g)	35.0	10.1	38.2	11.0
Salt (g)	3.70	1.07	3.74	1.08

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

Allergens

3) Sesame **8)** Egg **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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

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1



Quick Prep

- Boil a full kettle.
- Meanwhile, heat a drizzle of **oil** in a frying pan on high heat.
- Once hot, fry the **pork mince, mushrooms, Thai style spice blend** (add less if you'd prefer things milder) and **coleslaw mix**, 5-6 mins.
- Break up the **mince** as it cooks.

CUSTOM RECIPE

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

3



Mix Up

- Stir in the **bulgogi, soy** and **ketchup** (see pantry).
- Add the **noodles**. Toss to coat.
- Heat up, 1-2 mins.
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if needed.

2



Noodle Time

- Meanwhile, pour the **hot water** into a saucepan with **¼ salt**.
- Boil the **noodles**, 3-4 mins.
- Once cooked, drain and run under **cold water**.
- Drain the **fat** from the **pork**.
- Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw mince. Cook so there's no pink in the middle.

4



Dinner's Ready!

- Share your **bulgogi noodles** between the serving bowls.
- Sprinkle over the **sesame seeds**.

Enjoy!