



Super Quick Bulgogi Pork Noodles with Tenderstem® Broccoli

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

44



Pork Mince



Thai Style Spice Blend



Coleslaw Mix



Tenderstem® Broccoli



Egg Noodle Nest



Bulgogi Sauce



Soy Sauce



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
Thai Style Spice Blend 3	1 sachet	1½ sachets	2 sachets
Coleslaw Mix**	120g	180g	240g
Tenderstem® Broccoli**	80g	150g	150g
Egg Noodle Nest 8 13	125g	187g	250g
Bulgogi Sauce 11	75g	100g	150g
Soy Sauce 11 13	15ml	25ml	30ml
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	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	345g	100g	345g	100g
Energy (kJ/kcal)	2895 /692	840 /201	2669 /638	775 /185
Fat (g)	29.3	8.5	22.7	6.6
Sat. Fat (g)	10.3	3.0	9.0	2.6
Carbohydrate (g)	69.3	20.1	69.1	20.1
Sugars (g)	20.6	6.0	20.4	5.9
Protein (g)	35.8	10.4	39.1	11.3
Salt (g)	3.75	1.09	3.75	1.09

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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Fry Mince

- Boil a full kettle.
- Meanwhile, heat a drizzle of **oil** in a frying pan on high heat.
- Once hot, fry the **pork mince**, **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. **IMPORTANT:** Wash hands and equipment after handling raw mince.

CUSTOM RECIPE

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



Mix Up

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



Noodle Time

- Meanwhile, cut the **broccoli** into thirds.
- Pour the **boiled water** into a saucepan with ½ **salt**. Boil the **noodles** and **broccoli**, 3-4 mins.
- Once cooked, drain and run under **cold water**.
- Drain the fat from the **pork**. Season with **salt** and **pepper**. **IMPORTANT:** Cook so there's no pink in the middle.



Dinner's Ready!

- Share your **bulgogi noodles** between your serving bowls.

Enjoy!