

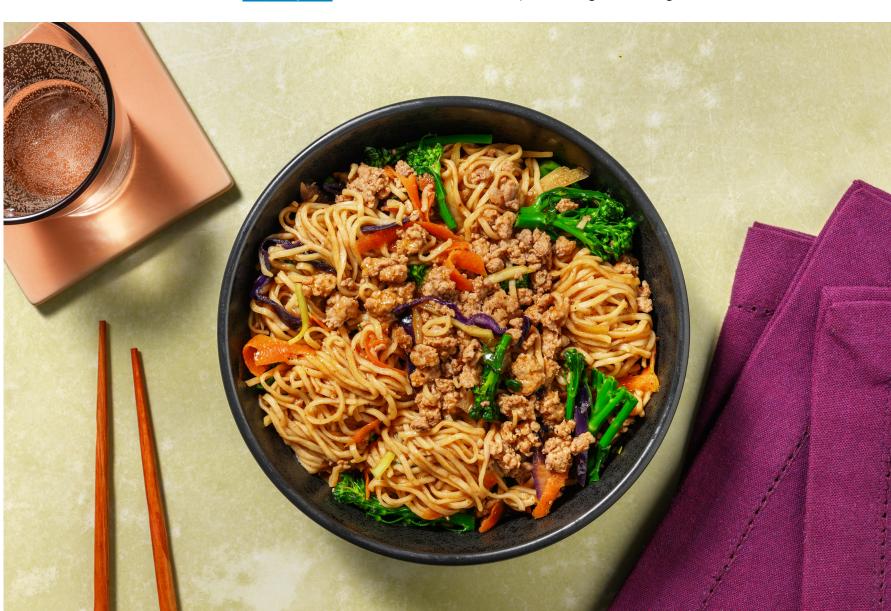
Super Quick Bulgogi Pork Noodles

with Tenderstem® Broccoli



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











Coleslaw Mix



Tenderstem® Broccoli



Egg Noodle Nest





Soy Sauce



Bulgogi Sauce

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.

*Not Included **Store in the Fridge

Inaredients

3			
Ingredients	2P	3P	4P
Pork Mince**	240g	360g	480g
Thai Style Spice Blend 3)	1 sachet	11/2 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

Nutrition						
Nutrition			Custom Recipe			
Typical Values	Per serving	Per 100g	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

Let us know what you think! Share your creations with #HelloFreshSnaps Head to hellofresh.co.uk or use our app to rate this recipe



HelloFresh UK Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ FSC



- · 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 1/2 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!