



# Gochujang Pork Udon Noodles

with Green Beans, Pak Choi and Peanuts

**Quick** 20-25 Minutes • **Medium Spice** • 1 of your 5 a day

14



Green Beans



Pak Choi



Garlic Clove



British Pork Mince



Salted Peanuts



Gochujang Paste



Soy Sauce



Udon Noodles



British Beef Mince

### Pantry Items

Oil, Salt, Pepper, Honey

↔ **Swap to Beef Mince**

If you chose to swap to beef mince, 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

Garlic press, frying pan and rolling pin.

## Ingredients

Ingredients	2P	3P	4P
Green Beans**	80g	150g	150g
Pak Choi**	1	2	2
Garlic Clove**	2	3	4
British Pork Mince**	240g	360g	480g
Salted Peanuts <b>1</b>	25g	40g	50g
Gochujang Paste <b>11</b>	50g	80g	100g
Soy Sauce <b>11</b> <b>13</b>	15ml	25ml	30ml
Udon Noodles <b>13</b>	220g	330g	440g
British Beef Mince**	240g	360g	480g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>419g</b>	<b>100g</b>	<b>419g</b>	<b>100g</b>
Energy (kJ/kcal)	2665 / 637	636 / 152	2440 / 583	583 / 139
Fat (g)	33.9	8.1	27.3	6.5
Sat. Fat (g)	11.0	2.6	9.8	2.3
Carbohydrate (g)	47.7	11.4	47.5	11.3
Sugars (g)	15.2	3.6	14.9	3.6
Protein (g)	36.2	8.6	39.4	9.4
Salt (g)	3.74	0.89	3.74	0.89

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

## Allergens

**1)** Peanut **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.


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

## Contact

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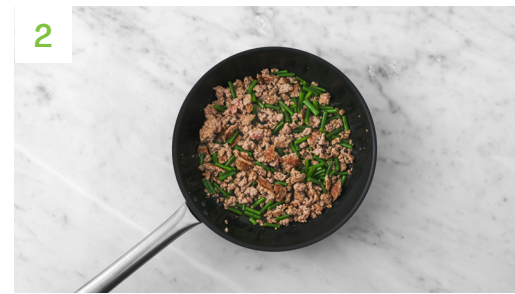
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## Prep Time

- Trim the **green beans**, then cut into thirds.
- Trim the **pak choy**, then separate the leaves. Cut any large leaves in half lengthways down the middle.
- Peel and grate the **garlic** (or use a garlic press).



## Get Frying

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **pork mince** and **green beans**. Fry until the **mince** has browned, 5-6 mins.
- Use a spoon to break the **mince** up as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince.
- Meanwhile, crush the **peanuts** in the unopened sachet using a rolling pin.

### ↔ Swap to Beef Mince

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



## Add the Veg

- Once the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** The mince is cooked when no longer pink in the middle.
- Add the **pak choy** and **garlic**. Cook until fragrant, 1-2 mins.



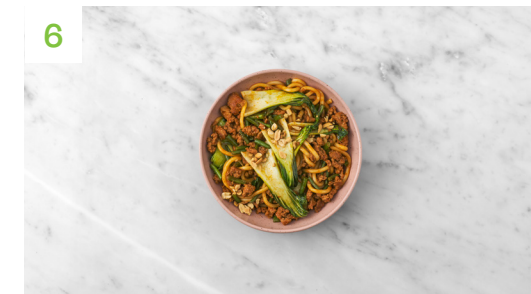
## Go Go Gochujang

- Add the **gochujang paste** (add less if you'd prefer things milder), **soy**, **honey** and **water for the sauce** (see pantry for both amounts) to the pan.
- Stir to combine, bring to the boil and simmer until slightly reduced, 2-3 mins.



## Bring on the Udon

- Add the **udon noodles** to the pan.
- Toss to coat, using a fork to gently separate them. Simmer until piping hot, 1-2 mins.



## Serve Up

- Share the **gochujang pork noodles** between your bowls.
- Sprinkle over the **crushed peanuts** to finish.

## Enjoy!