



# Korean Style Honey Pork Noodles

with Pepper, Lime and Peanuts

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

15



Green Pepper



British Pork Mince



Garlic Clove



Lime



Egg Noodle Nest



Gochujang Paste



Ketjap Manis



Soy Sauce



Salted Peanuts



Honey



British Beef Mince

### Pantry Items

Oil, Salt, Pepper

↔ 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

Frying pan, kettle, garlic press, saucepan, sieve and rolling pin.

## Ingredients

| Ingredients                        | 2P        | 3P        | 4P        |
|------------------------------------|-----------|-----------|-----------|
| Green Pepper**                     | 1         | 2         | 2         |
| British Pork Mince**               | 240g      | 360g      | 480g      |
| Garlic Clove**                     | 2         | 3         | 4         |
| Lime**                             | 1         | 1         | 1         |
| Egg Noodle Nest <b>8</b> <b>13</b> | 125g      | 187g      | 250g      |
| Gochujang Paste <b>11</b>          | 50g       | 80g       | 100g      |
| Ketjap Manis <b>11</b>             | 25g       | 37g       | 50g       |
| Soy Sauce <b>11</b> <b>13</b>      | 15ml      | 25ml      | 30ml      |
| Salted Peanuts <b>1</b>            | 25g       | 40g       | 40g       |
| Honey                              | 15g       | 22g       | 30g       |
| British Beef Mince**               | 240g      | 360g      | 480g      |
| <b>Pantry</b>                      | <b>2P</b> | <b>3P</b> | <b>4P</b> |
| 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 |
| for uncooked ingredient | 384g          | 100g     | 384g        | 100g     |
| Energy (kJ/kcal)        | 3171/758      | 826/197  | 2945/704    | 767/183  |
| Fat (g)                 | 34.3          | 8.9      | 27.7        | 7.2      |
| Sat. Fat (g)            | 11.4          | 3.0      | 10.1        | 2.6      |
| Carbohydrate (g)        | 73.9          | 19.3     | 73.7        | 19.2     |
| Sugars (g)              | 22.9          | 6.0      | 22.7        | 5.9      |
| Protein (g)             | 38.0          | 9.9      | 41.2        | 10.7     |
| Salt (g)                | 5.08          | 1.32     | 5.08        | 1.32     |

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

## Allergens

**1)** Peanut **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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## Get Started

- Halve the **green pepper** and discard the core and seeds. Slice into thin strips.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **pork mince** and **sliced pepper**.
- Fry until the **mince** has browned, 5-6 mins. Use a spoon to break up the **mince** as it cooks.

**IMPORTANT:** Wash your hands and equipment after handling raw mince.

↔ Swap to Beef Mince

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



## Build the Sauce

- Add the **garlic** and **gochujang paste** (add less if you'd prefer things milder) to the **mince** and fry until fragrant, 1 min.
- Stir in the **ketjap manis**, **soy** and **water for the sauce** (see pantry for amount).
- Bring to the boil, then reduce the heat and simmer until thickened, 2-3 mins.
- Meanwhile, crush the **peanuts** in the unopened sachet using a rolling pin.



## Prep Time

- Meanwhile, boil a full kettle.
- Peel and grate the **garlic** (or use a garlic press).
- Cut the **lime** into wedges.



## All Together Now

- Stir the **honey** and a good squeeze of **lime juice** from a **lime wedge** into the **sauce**. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.
- Add the **noodles** to the **sauce** and mix to coat.
- Taste and season with **salt**, **pepper** and more **lime juice** if needed. Add a splash of **water** if it's a little too thick.



## Boil the Noodles

- Pour the **boiled water** into a large saucepan with  $\frac{1}{2}$  **tsp salt** and bring to a boil.
  - Add the **noodles** and cook until tender, 4 mins.
  - Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.
  - When 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.



## Serve

- Share the **Korean style pork noodles** between your serving bowls. Spoon over any remaining **sauce** from the pan.
- Sprinkle over the **crushed peanuts** to finish.
- Serve with any remaining **lime wedges** for squeezing over.

## Enjoy!