

Easy Peasy Gochujang Pork Noodles with Green Beans

Super Quick 15 Minutes • Mild Spice • 1 of your 5 a day

44



Green Beans



British Pork Mince



Wholewheat Noodles



Coleslaw Mix



Gochujang Paste



Ketjap Manis



Soy Sauce



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!



Super speedy, this Easy Peasy Gochujang Pork Noodles takes only 15 minutes to make. The popular Korean condiment gochujang contains chillies, fermented soybeans and glutinous rice.

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
Green Beans**	80g	150g	160g
British Pork Mince**	240g	360g	480g
Wholewheat Noodles	150g	300g	300g
Coleslaw Mix**	120g	180g	240g
Gochujang Paste 11)	30g	50g	60g
Ketjap Manis 11)	50g	75g	100g
Soy Sauce 11) 13)	25ml	40ml	50ml
British Beef Mince**	240g	360g	480g

**Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	325g	100g	325g	100g
Energy (kJ/kcal)	2677 / 640	824 / 197	2446 / 585	753 / 180
Fat (g)	27.0	8.3	20.4	6.3
Sat. Fat (g)	9.8	3.0	8.5	2.6
Carbohydrate (g)	64.7	19.9	64.5	19.9
Sugars (g)	23.3	7.2	23.1	7.1
Protein (g)	32.9	10.1	36.5	11.2
Salt (g)	5.38	1.66	5.38	1.66

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

Allergens

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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Get Frying

- Boil a full kettle.
- Trim the **green beans**, then cut into thirds.
- Heat a frying pan on medium-high heat (no oil).
- Once hot, fry the **pork mince** and **green beans**, 5-6 mins. Break up the **mince** as it cooks. then drain the fat. Season with **salt** and **pepper**. **IMPORTANT:** *Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.*

↔ Swap to Beef Mince

Cook the **beef mince** in the same way as the **pork**.



Simmer Sauce

- Meanwhile, open the remaining sachets.
- Once browned, add the **coleslaw mix** to the **pork**. Stir-fry, 1-2 mins.
- Stir in the **gochujang**, **ketjap manis**, **soy** and a splash of **water**. Bring to the boil and simmer, 1-2 mins.
- Add the **cooked noodles** and toss to coat.



Boil Noodles

- Meanwhile, pour the **boiled water** into a saucepan with $\frac{1}{2}$ **tsp salt** on high heat.
- Boil the **noodles**, 1-2 mins.
- Once cooked, drain and run with **cold water**.



Dinner's Ready!

- Share the **noodles** between your bowls.

Enjoy!