



Bulgogi Pork and Pepper Tacos

with Chips, Sesame Mayo and Pickled Red Onion

Customer Favourites 30-35 Minutes • 1 of your 5 a day

38



Potatoes



Bell Pepper



Garlic Clove



Red Onion



Rice Vinegar



Pork Mince



Bulgogi Sauce



Plain Taco Tortilla



Mayonnaise



Roasted White Sesame Seeds

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Bell Pepper***	1	2	2
Garlic Clove**	1	2	2
Red Onion**	1	1	2
Rice Vinegar	15ml	15ml	30ml
Pork Mince**	240g	360g	480g
Bulgogi Sauce 11	75g	100g	150g
Plain Taco Tortilla 13	6	9	12
Mayonnaise 8 9	64g	96g	128g
Roasted White Sesame Seeds 3	14g	14g	14g
Pantry	2P	3P	4P
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	4296 /1027	645 /154
Fat (g)	44.6	6.7
Sat. Fat (g)	12.9	1.9
Carbohydrate (g)	121.7	18.3
Sugars (g)	28.3	4.3
Protein (g)	38.6	5.8
Salt (g)	2.51	0.38

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

Allergens

3) Sesame **8**) Egg **9**) Mustard **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, milk, egg, mustard, celery, soya, 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.

Contact

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Cook the Chips

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel). Pop them onto a large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through.



Pep up your Pork

Once the **veg** has softened and the **pork** is cooked through, add the **garlic** to the pan. Stir and cook until fragrant, 1 min.

Stir in the **bulgogi sauce** and heat through gently until piping hot, then remove from the heat.

IMPORTANT: The pork is cooked when no longer pink in the middle.



Finish the Prep

Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press).

Halve, peel and thinly slice the **red onion**, then pop **half** into a medium bowl.

Add the **rice vinegar**, **sugar for the pickle** (see pantry for amount) and a pinch of **salt**. Mix together, then set aside your **pickled red onion**.



Finishing Touches

When the **chips** are almost ready, pop the **tortillas** (3 per person) onto a baking tray and into the oven to warm through, 1-2 mins.

Pop the **mayo** into a small bowl and mix in **half** the **sesame seeds**. Set aside.



Get Frying

Heat a large frying pan on medium high heat (no oil).

Once hot, add the **pork mince** and cook until browned, 2-3 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

Add the **pepper** and remaining **onion**, then cook until softened, stirring occasionally, 4-5 mins.



Assemble the Tacos

When everything's ready, lay the **warmed tortillas** on your plates.

Spread each with a spoonful of **sesame mayo**, then top with the **pork mixture** and **pickled red onion** - as much as you'd like.

Sprinkle over the remaining **sesame seeds** to finish and serve with the **chips** alongside. **TIP:** Tacos are best enjoyed eaten by hand - get stuck in!

Enjoy!