



Korean Style Beef Meatball Sub

with Black Sesame Wedges and Sambal Baby Gem Slaw

Street Food 40-45 Minutes • Medium Spice • 1 of your 5 a day

34



Potatoes



Black Sesame Seeds



Garlic Clove



Panko Breadcrumbs



Bulgogi Sauce



Beef Mince



Lime



Mayonnaise



Sambal



Baby Gem Lettuce



Coleslaw Mix



Brioche Hot Dog Bun

Pantry Items
Oil, Salt, Pepper

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 saucepan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Black Sesame Seeds 3)	1 sachet	1 sachet	2 sachets
Garlic Clove**	2	3	4
Panko Breadcrumbs 13)	10g	20g	25g
Bulgogi Sauce 11)	150g	225g	300g
Beef Mince**	240g	360g	480g
Lime**	½	¾	1
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Sambal	2 sachets	3 sachets	4 sachets
Baby Gem Lettuce**	1	2	2
Coleslaw Mix**	120g	180g	240g
Brioche Hot Dog Bun 7) 8) 11) 13)	2	3	4

Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	670g	100g
Energy (kJ/kcal)	4039 /965	603 /144
Fat (g)	39.8	5.9
Sat. Fat (g)	13.9	2.1
Carbohydrate (g)	116.2	17.3
Sugars (g)	37.3	5.6
Protein (g)	38.5	5.7
Salt (g)	3.14	0.47

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

Allergens

3) Sesame **7)** Milk **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 Sesame Wedges

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

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop them onto a large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **sesame seeds**. Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 30-40 mins.



Mix the Sambal Slaw

Meanwhile, halve the **lime**.

In a large bowl, combine the **mayonnaise** with **half** the **sambal** (use less if you'd prefer things milder) to make your **dressing**.

Trim the **baby gem**, halve lengthways, then thinly slice widthways. Add it to the **dressing** along with the **coleslaw mix** and a squeeze of **lime juice**.

Season with **salt** and **pepper**, mix together, then set your **slaw** aside.



Make the Meatballs

Meanwhile, peel and grate the **garlic** (or use a garlic press).

In a large bowl, combine the **breadcrumbs**, **garlic**, **salt** and **water for the breadcrumbs** (see pantry for both amounts) and a **third** of the **bulgogi sauce**.

Add the **beef mince**, season with **pepper** and mix together with your hands.

Roll into evenly-sized balls, 5 per person, and pop them onto another large baking tray.

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



Bring on the Bulgogi Glaze

Slice the **buns** down through the middle (but not all the way through).

When you're almost ready to serve, pop the **buns** into the oven to warm through, 2-3 mins.

Once the **meatballs** are ready, pour the remaining **bulgogi sauce** into a saucepan and bring to the boil. Add the **cooked meatballs** and stir to glaze them.



Time to Bake

Halfway through cooking, turn the **sesame wedges**.

At the same time, slide the **meatball** tray onto the top shelf of the oven. Cook until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** The meatballs are cooked when no longer pink in the middle.



Assemble and Serve

When everything's ready, transfer the **buns** to your serving plates.

Fill each with some **slaw**, the **bulgogi meatballs** and a drizzle of the remaining **sambal**.

Serve the remaining **slaw** and **sesame wedges** on the side with any remaining **lime** cut into **wedges** for squeezing over.

Enjoy!