



Sticky Bulgogi Pork Noodles with Tenderstem® Broccoli

Family 20 Minutes

3



Tenderstem® Broccoli



Garlic Clove



Pork Mince



Egg Noodle Nest



Bulgogi Sauce



Soy Sauce



Beef Mince

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, 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.

Cooking tools

Saucepan, garlic press, frying pan and sieve.

Ingredients

Ingredients	2P	3P	4P
Tenderstem®	80g	150g	150g
Broccoli**			
Garlic Clove**	2	3	4
Pork Mince**	240g	360g	480g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Bulgogi Sauce 11)	150g	225g	300g
Soy Sauce 11) 13)	15ml	30ml	30ml
Beef MInce**	240g	360g	480g

Pantry	2P	3P	4P
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	311g	100g	311g	100g
Energy (kJ/kcal)	3045 / 728	978 / 234	2819 / 674	906 / 216
Fat (g)	30.6	9.8	24.0	7.7
Sat. Fat (g)	10.1	3.2	8.8	2.8
Carbohydrate (g)	77.8	25.0	77.5	25.0
Sugars (g)	27.5	8.8	27.2	8.8
Protein (g)	35.1	11.3	38.3	12.3
Salt (g)	3.38	1.08	3.42	1.1

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

Allergens

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, 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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Get Prepped

a) Bring a large saucepan of **water** to the boil with $\frac{1}{2}$ **tsp salt**.

b) Halve the **broccoli** widthways. Peel and grate the **garlic** (or use a garlic press).



Brown the Mince

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

b) Once hot, add the **pork mince** and fry until browned, 4-5 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

CUSTOM RECIPE

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



Sauce Things Up

a) Once the **pork mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**.

b) Stir in the **garlic** and cook for 1 min more. **IMPORTANT:** The mince is cooked when no longer pink in the middle.

c) Add the **water for the sauce** (see pantry for amount), **bulgogi sauce** and **soy sauce**. Bring to a simmer and cook until slightly reduced, 30 secs.



Stir and Combine

a) Add the **cooked noodles** and **broccoli** to the **pork**.

b) Toss to coat and add a splash of **water** if you feel it needs it, then heat through until piping hot, 1-2 mins.

c) Taste and add **salt** and **pepper** if needed.



Cook the Broccoli and Noodles

a) Meanwhile, add the **broccoli** and **noodles** to the pan of **boiling water**.

b) Simmer until tender, 4 mins.

c) Once cooked, drain in a sieve and run under **cold water** to stop the **noodles** sticking together and keep the **veg** vibrant.



Serve

a) When everything's ready, serve your **bulgogi pork noodles** in bowls.

Enjoy!