HELLO FRESH

Sticky Bulgogi Pork Noodles
with Tenderstem® Broccoli and Peanuts

Customer Favourites   20 Minutes

39

Tenderstem® Broccoli

Garlic Clove

Salted Peanuts

Pork Mince

Egg Noodle Nest

Bulgogi Sauce

Soy Sauce

Beef Mince

Pantry Items
Oil, Salt, Pepper

Cooking tools

Saucepan, garlic press, rolling pin, frying pan and sieve.

Ingredients

Ingredients	2P	3P	4P
Tenderstem® Broccoli**	80g	150g	150g
Garlic Clove**	2	3	4
Salted Peanuts 1)	25g	40g	40g
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	Per serving	Per 100g	Custom Recipe Per serving	Custom Recipe Per 100g
for uncooked ingredient	324g	100g	324g	100g
Energy (kJ/kcal)	3360 /803	1038 /248	3134 /749	968 /231
Fat (g)	37.2	11.5	30.6	9.4
Sat. Fat (g)	11.3	3.5	10.0	3.1
Carbohydrate (g)	78.7	24.3	78.4	24.2
Sugars (g)	28.0	8.6	27.7	8.6
Protein (g)	38.2	11.8	41.4	12.8
Salt (g)	3.50	1.08	3.55	1.10

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, 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.

1

Get Prepped

a) Bring a large saucepan of **water** to the boil with **½ tsp salt**.

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

c) Crush the **peanuts** in the unopened sachet using a rolling pin.

2

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.

3

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.

4

Bulgogi Sauce Time

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.

5

Combine and Stir

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.

6

Serve

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

b) Sprinkle the **peanuts** over the top to finish.

Enjoy!