



# Sticky Bulgogi Pork Noodles with Tenderstem® Broccoli and Peanuts

**Rapid** 20 Minutes • 1 of your 5 a day

14



Red Onion



Tenderstem®  
Broccoli



Garlic Clove



Salted Peanuts



Pork Mince



Egg Noodle Nest



Bulgogi Sauce



Soy Sauce

**Pantry Items**  
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

Rolling pin, saucepan, garlic press, frying pan, colander and bowl.

## Ingredients

Ingredients	2P	3P	4P
Red Onion**	1	1	2
Tenderstem® Broccoli**	80g	150g	150g
Garlic Clove**	2	3	4
Salted Peanuts <b>1)</b>	25g	40g	40g
Pork Mince**	240g	360g	480g
Egg Noodle Nest <b>8) 13)</b>	2 nests	3 nests	4 nests
Bulgogi Sauce <b>11)</b>	150g	225g	300g
Soy Sauce <b>11) 13)</b>	15ml	30ml	30ml

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

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	394g	100g
Energy (kJ/kcal)	3085 / 737	783 / 187
Fat (g)	28.0	7.1
Sat. Fat (g)	7.8	2.0
Carbohydrate (g)	84.7	21.5
Sugars (g)	32.8	8.3
Protein (g)	36.3	9.2
Salt (g)	3.51	0.89

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.

## Contact

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## Get Prepped

- Bring a large saucepan of **water** to the boil with **½ tsp salt**.
- Halve, peel and thinly slice the **onion**. Halve the **broccoli** widthways. Peel and grate the **garlic** (or use a garlic press).
- Crush the **peanuts** in the unopened sachet using a rolling pin.



## Sauce Things Up

- Once the **pork mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**.
- Add the **onion** to the pan and cook, stirring, until soft and golden, 4-5 mins.
- Stir in the **garlic** and cook for 1 min more.
- Add the **water for the sauce** (see ingredients for amount), **bulgogi sauce** and **soy sauce**. Bring to a simmer and cook until slightly reduced, 30 secs.



## Brown the Mince

- Heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **pork mince** and cook 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.



## Stir and Combine

- Add the **cooked noodles** and **veg** to the **pork**.
- Toss to coat and add a splash of **water** if you feel it needs it, then heat through until piping hot, 1-2 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.
- Taste and add **salt** and **pepper** if needed.



## Cook the Broccoli and Noodles

- Meanwhile, add the **broccoli** to the pan of **boiling water**.
- Bring back up to the boil, then add the **noodles**. Simmer until tender, 4 mins.
- Once cooked, drain in a colander. **TIP:** Run the noodles and broccoli under cold water to stop the noodles sticking together and to keep the veg vibrant.



## Serve

- When everything is ready, serve the **bulgogi pork noodles** in bowls.
- Sprinkle the **peanuts** over the top to finish.

## Enjoy!