



# BULGOGI PORK FILET

with Roasted Carrots & Lemony Rice

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Carrots



1 | 1  
Lemon



2 | 2  
Scallions



½ Cup | 1 Cup  
Jasmine Rice



10 oz | 20 oz  
Pork Filet



4 oz | 8 oz  
Bulgogi Sauce  
Contains: Sesame,  
Soy, Wheat



1 TBSP | 1 TBSP  
Sesame Seeds  
Contains: Sesame



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THERE TOO. SCAN HERE TO GET HELP!



## HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz  
Chicken Cutlets

Calories: 690



10 oz | 20 oz  
Beef Tenderloin  
Steak

Calories: 770



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 700



HELLO

### BULGOGI SAUCE

A traditional soy-based Korean condiment with a sweet flavor

### WE PROPOSE A TOAST

If you have a few extra minutes, toast the sesame seeds in a small, dry pan until golden to bring out their nuttiness.

### BUST OUT

- Peeler
- Zester
- Small pot
- Baking sheet
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Olive oil (1 tsp | 1 tsp)
- Cooking oil (1 tsp | 1 tsp)
- Butter (2 TBSP | 2 TBSP)

Contains: Milk

### MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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### 1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** into ½-inch-thick rounds. Zest and quarter **lemon**. Trim and thinly slice **scallions**, separating whites from greens.



### 4 COOK PORK

- Meanwhile, pat **pork\*** dry with paper towels; season all over with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium heat. Add pork and sear, turning occasionally, until browned all over, 4-8 minutes.
- Once carrots have roasted 10 minutes, stir **carrots** and carefully place seared pork on opposite side. (**For 4 servings, place pork on a second sheet; roast on middle rack.**)
- Return to top rack; roast until pork is cooked through and carrots are tender, 10-12 minutes more.

🔄 Swap in **chicken\*** for pork. Sear 2-3 minutes per side. Once carrots have roasted 10 minutes, stir **carrots** and place chicken on opposite side of sheet. Roast until cooked through, 10-12 minutes more.

🔄 Swap in **beef\*** for pork. Sear 2-4 minutes per side. Once carrots have roasted 13 minutes, stir **carrots** and place beef on opposite side of sheet. Roast to desired doneness, 5-10 minutes more.



### 2 COOK RICE

- In a small pot, combine **rice**, **¾ cup water** (**1½ cups for 4 servings**), and a **big pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



### 5 SIMMER SAUCE

- When pork and carrots have 5 minutes left, melt **1 TBSP butter** in pan used for pork over medium-high heat. Add **scallion whites** and cook until fragrant, 1-2 minutes.
- Stir in **bulgogi sauce** and **1 TBSP water**. Bring to a simmer, stirring, until warmed through, 2-3 minutes. Turn off heat. **TIP: If sauce is too thick, stir in a splash more water.**



### 3 ROAST CARROTS

- While rice cooks, toss **carrots** on one side of a baking sheet with a **drizzle of olive oil**, **salt**, and **pepper**. (**For 4 servings, spread out across entire sheet.**)
- Roast carrots on top rack for 10 minutes (**you'll add the pork then**).
- 🔄 Roast **carrots** on top rack for 10 minutes (**you'll add the chicken then**).
- 🔄 Roast **carrots** on top rack for 13 minutes (**you'll add the beef then**).



### 6 FINISH & SERVE

- Fluff **rice** with a fork. Stir in **half the lemon zest** (**add more if you like**), **1 TBSP butter**, and a **squeeze of lemon juice**; season with **salt** and **pepper**.
- Thinly slice **pork** crosswise.
- Divide rice, pork, and **carrots** between plates. Drizzle pork with **sauce**. Sprinkle with **scallion greens** and **sesame seeds**. Serve with **remaining lemon wedges** on the side.
- 🔄 Thinly slice **chicken** or **beef** against the grain.

\*Pork is fully cooked when internal temperature reaches 145°.

🔄 \*Chicken is fully cooked when internal temperature reaches 165°.

🔄 \*Beef is fully cooked when internal temperature reaches 145°.