



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



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
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
 - Baking sheet
 - Zester
 - Paper towels
 - Small pot
 - 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.

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663 | HelloFresh.com

*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°.



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.