



BULGOGI PORK FILET

with Roasted Carrots & Lemony Rice

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



1 | 1
Lemon



2 | 2
Scallions



1 TBSP | 1 TBSP
Sesame Seeds
Contains: Sesame



½ Cup(s) | 1 Cup(s)
Jasmine Rice



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



10 oz | 20 oz
Pork Filet



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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: 700



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
- Cooking Oil
- Olive Oil
- Butter
- Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies, 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. To cook 3-serving or 6-serving recipes, refer to the separate MORE IS MORE card for all the info you'll need!

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

HOW WAS YOUR MEAL?



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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°.

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

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