



Bulgogi Pork and Mushroom Stir-Fry with Basmati Rice

Classic 30 Minutes • Little Heat • 1 of your 5 a day

N° 10



Basmati Rice



Onion



Closed Cup Mushrooms



Spring Onion



Red Chilli



Garlic Clove



Pork Steak



Cornflour



Bulgogi Sauce



Chicken Breast Pieces



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Cooking tools, you will need:

Measuring Jug, Saucepan, Fine Grater (or Garlic Press), Mixing Bowl, Frying Pan and Measuring Jug.

Ingredients

| | 2P | 3P | 4P |
|--------------------------|----------------|----------------|-----------------|
| Water the Rice* | 300ml | 450ml | 600ml |
| Basmati Rice | 150g | 225g | 300g |
| Onion** | 1 | 1 | 2 |
| Closed Cup Mushrooms** | 1 small punnet | 1 large punnet | 2 small punnets |
| Spring Onion** | 1 | 2 | 2 |
| Red Chilli** | ½ | 1 | 1 |
| Garlic Clove** | 1 clove | 2 cloves | 2 cloves |
| Pork Steak** | 2 | 3 | 4 |
| Cornflour | 10g | 20g | 20g |
| Bulgogi Sauce 11) | 1 small sachet | 1 large sachet | 2 small sachets |
| Water for the Sauce* | 75ml | 100ml | 150ml |
| Diced Chicken Breast** | 280g | 420g | 560g |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|--------------------------------|-------------|-------------|
| for uncooked ingredient | 406g | 100g |
| Energy (kJ/kcal) | 2312 /553 | 569 /136 |
| Fat (g) | 8 | 2 |
| Sat. Fat (g) | 2 | 1 |
| Carbohydrate (g) | 85 | 21 |
| Sugars (g) | 18 | 5 |
| Protein (g) | 37 | 9 |
| Salt (g) | 0.66 | 0.16 |

| Custom Recipe | Per serving | Per 100g |
|--------------------------------|-------------|-------------|
| for uncooked ingredient | 421g | 100g |
| Energy (kJ/kcal) | 2303 /551 | 547 /131 |
| Fat (g) | 5 | 1 |
| Sat. Fat (g) | 1 | 1 |
| Carbohydrate (g) | 84 | 20 |
| Sugars (g) | 18 | 4 |
| Protein (g) | 42 | 10 |
| Salt (g) | 0.69 | 0.16 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11) Soya

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Fry the Pork

Heat a splash of **oil** in a frying pan over medium-high heat. Line a plate with some kitchen paper. When the pan is hot, add the **pork**. Stir-fry until browned all over, 4-5 mins. **IMPORTANT:** Cook the pork throughout. Transfer to the lined plate to absorb any excess oil. **TIP:** Cook the pork in batches if necessary to make sure the meat doesn't stew.

CUSTOM RECIPE

If you have opted for **chicken breast** instead of pork, follow the the same instructions above, cook the **chicken breast** for 8-10 mins instead of 4-5 mins, follow the rest of the step.



Prep

Meanwhile, halve, peel and thinly slice the **onion**. Thinly slice the **mushrooms**. Trim the **spring onion** and thinly slice. Halve the **chilli** lengthways, deseed then finely chop. Peel and grate the **garlic** (or use a garlic press).



Fry the Veg

Pop your frying pan back on high heat and add a drizzle of **oil** if the pan is dry. Add the **onion** and **mushrooms** to the pan. Season with **salt** and **pepper** and stir-fry until the **mushrooms** are browned and the **onion** softened, 6-7 mins. Stir in the **garlic** and cook for 1 minute more, then pour in the **bulgogi sauce** and **water** (see ingredients for amount). Stir together to combine.



Coat the Pork

Cut the **pork** into 2cm cubes. Sprinkle the **cornflour** into a mixing bowl and season with **salt** and **pepper**. Add the **pork** and toss to coat thoroughly. **IMPORTANT:** Wash your hands after handling raw meat!

CUSTOM RECIPE

If you have chosen **diced chicken breast** instead of pork, no need to cut the chicken up, just coat it with the **cornflour** in the same way you would coat the pork. **IMPORTANT:** Wash your hands after handling raw meat!



Finish and Serve

Add the **pork** back into the **mixture**, bring to the boil and simmer until thickened and reduced by a third, 2-3 mins. **IMPORTANT:** The pork is cooked when no longer pink in the middle. Taste and add **salt** and **pepper**, if you feel it needs it. Fluff up the **rice** with a fork and spoon it into bowls. Divide the **bulgogi pork** between the **rice** and finish with a sprinkling of **spring onion** and **chilli**.

Enjoy!

CUSTOM RECIPE

If you've opted for **chicken breast** instead of pork, follow the same the same instructions as above. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.