



Sticky Bulgogi Pork Noodles with Tenderstem® Broccoli and Green Beans

Rapid Eat Me Early • 20 Minutes • 1 of your 5 a day

14



Red Onion



Green Beans



Tenderstem® Broccoli



Garlic Clove



Salted Peanuts



Pork Mince



Egg Noodle Nest



Bulgogi Sauce



Chilli Flakes

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Garlic Press, Frying Pan, Wooden Spoon, Colander, Measuring Jug, Bowl.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Green Beans**	80g	80g	150g
Tenderstem®			
Broccoli**	80g	150g	150g
Garlic Clove**	2	3	4
Salted Peanuts 1)	25g	40g	40g
Pork Mince**	240g	360g	480g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Water*	75ml	100ml	150ml
Bulgogi Sauce 11)	150g	225g	300g
Chilli Flakes	1 pinch	1 pinch	2 pinch

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	409g	100g
Energy (kJ/kcal)	2463/589	603/144
Fat (g)	27	7
Sat. Fat (g)	7	2
Carbohydrate (g)	54	13
Sugars (g)	30	7
Protein (g)	31	8
Salt (g)	1.48	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 8) Egg 11) Soya 13) Gluten

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.

Contact

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Packed in the UK

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 You can recycle me!



Get Prepped

a) Bring a large saucepan of **water** to the boil with $\frac{1}{2}$ **tsp** of **salt**.

b) Halve, peel and thinly slice the **onion**. Trim the **green beans** and chop into 3 pieces. Halve the **Tenderstem®** widthways. Peel and grate the **garlic** (or use a **garlic** press).

c) Roughly chop the **peanuts**.



Cook the Mince

a) Heat a drizzle of **oil** in a frying pan on medium-high heat.

b) When the **oil** is hot, add the **pork mince**. Season with **salt** and **pepper** and cook until browned, 4-5 mins. Use a spoon to break it up as it cooks.

IMPORTANT: Wash your hands after handling raw mince. The mince is cooked when no longer pink in the middle.



Cook the Noodles

a) Meanwhile, add the **noodles** and **broccoli** to the pan of **boiling water**.

b) Simmer until both are tender, 4 mins.

c) 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 broccoli vibrant.



Cook the Beans

a) Once the **pork mince** has browned, drain and discard any excess fat. Add the **onion** and **green beans** to the pan and stir together.

b) Cook until the **veg** is tender, 4-5 mins, then stir in the **garlic** and cook for 1 min.

c) Add the **water** (see ingredients for amount) and the **bulgogi sauce**. Bring to a simmer and cook until slightly reduced, 30 seconds.



Mix Together

a) Add the **noodles** and **broccoli** to the pan with the **pork** and **veg**.

b) Toss to coat and add a splash of **water** if you feel it needs it, heat through until piping hot, 1-2 mins.

c) Taste and add **salt** and **pepper** if you feel it needs it.



Serve

a) Serve the **noodles** in bowls.

b) Sprinkle the **chilli flakes** (add less if you don't like heat) and **peanuts** on top.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.