



Korean Style BBQ Pork and Veg Stir-Fry

with Jasmine Rice and Pickled Carrot Ribbons

25

Calorie Smart 20-25 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories



Jasmine Rice



Mangetout



Garlic Clove



Pork Mince



Sliced Mushrooms



Carrot



Rice Vinegar



Gochujang Paste



Honey



Soy Sauce



BBQ Sauce



Beef Mince

Recipe Update

Due to challenges with our supplier, you'll instead receive **mangetout**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Saucepan, lid, garlic press, frying pan, peeler and bowl.

Ingredients

| Ingredients | 2P | 3P | 4P |
|----------------------------|-----------|-----------|-----------|
| Jasmine Rice | 100g | 150g | 200g |
| Mangetout** | 80g | 150g | 150g |
| Garlic Clove** | 2 | 3 | 4 |
| Pork Mince** | 240g | 360g | 480g |
| Sliced Mushrooms** | 80g | 120g | 160g |
| Carrot** | 1 | 2 | 2 |
| Rice Vinegar | 15ml | 22ml | 30ml |
| Gochujang Paste 11) | 50g | 80g | 100g |
| Honey | 15g | 22g | 30g |
| Soy Sauce 11) 13) | 15ml | 25ml | 30ml |
| BBQ Sauce | 32g | 48g | 64g |
| Beef Mince** | 240g | 360g | 480g |
| Pantry | 2P | 3P | 4P |
| Water for the Rice* | 200ml | 300ml | 400ml |
| Sugar for the Pickle* | 1 tsp | 1½ tsp | 2 tsp |
| Water for the Sauce* | 50ml | 75ml | 100ml |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Custom Recipe | | | |
|-------------------------|---------------|----------|-------------|----------|
| | Per serving | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 376g | 100g | 376g | 100g |
| Energy (kJ/kcal) | 2682 /641 | 713 /170 | 2456 /587 | 653 /156 |
| Fat (g) | 27.4 | 7.3 | 20.8 | 5.5 |
| Sat. Fat (g) | 10.0 | 2.7 | 8.7 | 2.3 |
| Carbohydrate (g) | 67.7 | 18.0 | 67.5 | 17.9 |
| Sugars (g) | 21.3 | 5.6 | 21.0 | 5.6 |
| Protein (g) | 31.4 | 8.3 | 34.6 | 9.2 |
| Salt (g) | 3.52 | 0.94 | 3.57 | 0.95 |

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Point™ values based on low-cal cooking spray oil.

Allergens

11) Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get the Rice on

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt**, then bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).



What a Pickle

While the **mince** and **mushrooms** cook, trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.

Pop the **ribbons** into a medium bowl. Add the **rice vinegar** and **sugar for the pickle** (see pantry for amount). Add a pinch of **salt** and mix together. Set your **carrot pickle** aside.



Some Quick Prep

Meanwhile, halve the **mangetout** widthways. Peel and grate the **garlic** (or use a garlic press).



Add the Flavour

Once the **mince** has cooked, add the **mangetout**, **garlic** and **gochujang paste** to the pan. Stir-fry until the **veg** starts to soften, 2-3 min.

Stir in the **honey**, **soy sauce** and **water for the sauce** (see pantry for amount). Reduce the heat and simmer until the liquid has reduced, 1-2 mins. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Stir through the **BBQ sauce**, then remove from the heat.



Fry the Pork

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

Once hot, add the **pork mince** and **mushrooms**. Fry until the **mince** and **mushrooms** have browned, 6-7 mins. Use a spoon to break up the **mince** as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **pork**, cook the recipe in the same way.



Time to Serve

Fluff the **rice** up with a fork and share it out between your bowls.

Spoon over the **Korean style BBQ pork** and serve the **carrot pickle** on the side.

Enjoy!