



# Spicy Gochujang Pork Udon

with baby corn and coriander

Calorie Smart 20-25 mins • Extra spicy

11



Pork Mince



Udon Noodles



Soy Sauce



Lime



Coriander



Baby Corn



Gochujang Paste



Garlic, Ginger & Lemongrass Paste



Shallot



Honey

Pantry Items: Oil, Salt, Pepper, Water, Sugar



Rate your recipe!



## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Sieve, zester

## Ingredients

	2P	4P
Pork Mince	250 g	500 g
Udon Noodles	300 g	600 g
Soy Sauce	2 sachets	4 sachets
Lime	1 unit	2 units
Coriander	5 g	10 g
Baby Corn	150 g	300 g
Gochujang Paste	1 sachet	2 sachets
Garlic, Ginger & Lemongrass Paste	1 sachet	2 sachets
Shallot	1 unit	2 units
Honey	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	497 g	100 g
Energy (kJ/kcal)	2406 kJ/ 575 kcal	484 kJ/ 116 kcal
Fat (g)	18.4 g	3.7 g
Sat. Fat (g)	6 g	1.1 g
Carbohydrate (g)	66.6 g	13.4 g
Sugars (g)	10.3 g	2.1 g
Protein (g)	36.2 g	7.3 g
Salt (g)	7.9 g	1.8 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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### Make the Noodles

- Boil a large pot of **water** for the **udon noodles**.
- Add the **noodles** then lower heat to medium-high and cook until warmed through, 1-2 mins.
- Once cooked, drain in a sieve and pop back in the pot, off the heat.
- Drizzle with **oil** and stir through to prevent sticking.

**TIP:** If you're in a hurry you can boil the water in your kettle.



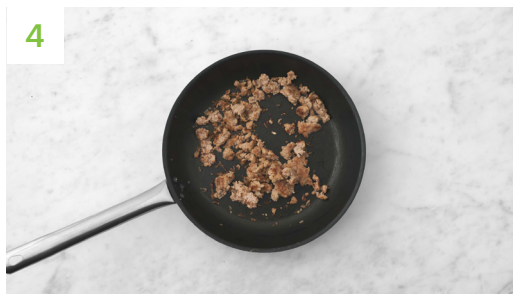
### Get Prepped

- Halve, peel and chop the **shallot** into small pieces.
- Roughly chop the **coriander**.
- Zest, then cut **lime** into wedges.
- Halve the **baby corn** lengthways.



### Cook the Corn

- Place a large pan over medium-high heat with a drizzle of **oil**.
- When hot, add the **baby corn**.
- Season with **salt** and **pepper**.
- Cook, stirring occasionally, until softened, 4-5 mins.
- Transfer to a plate and set aside.



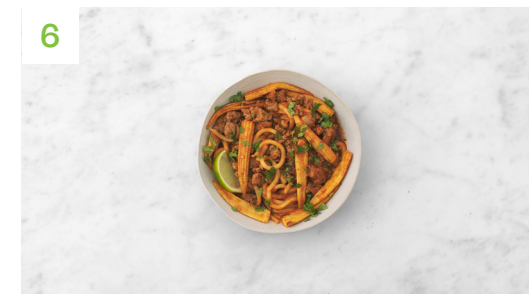
### Fry the Pork

- Add another drizzle of **oil** to the pan, if necessary.
- Add the **shallot** and **lemongrass paste**. Cook, stirring, until fragrant, 1-2 mins.
- Add the **pork**. **IMPORTANT:** Wash hands and equipment after handling raw mince.
- Cook, breaking up **pork** into smaller pieces, until cooked through, 4-5 mins. **IMPORTANT:** Pork is cooked when no longer pink in the middle.



### Finishing Touches

- Add the **gochujang** (use less if you don't like spice) and cook, stirring often, until the **pork** is browned, 2-3 mins.
- Stir in **lime** zest, **soy sauce**, **baby corn** and 75ml **water** (double for 4p).
- Cook until **baby corn** is warmed through, 1 min.
- Remove from the heat and stir through the **honey**. Add a splash of **water** if you feel the sauce is too thick.
- Add the drained **noodles** to the sauce and toss to coat.



### Divide and Serve

- Divide your fragrant **pork noodles** between plates.
- Squeeze over a **lime** wedge, if desired.
- Finish with a sprinkling of **coriander**.

**Enjoy!**