



Fiery Sesame Pork Bowls

with coriander and bell pepper

Quick Cook 20-25 mins • Extra spicy

15



Pork Mince



Pak Choi



Mushrooms



Sesame Oil



Gochujang Paste



Sesame Seeds



Jasmine Rice



Coriander



Soy Sauce



Honey



Bell Pepper



Sweet Chilli Sauce

Pantry Items: Oil, Salt, Pepper, Water



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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

Pot with lid

Ingredients

	2P	4P
Pork Mince	250 g	500 g
Pak Choi	1 unit	2 units
Mushrooms	150 g	250 g
Sesame Oil	20 ml	40 ml
Gochujang Paste	1 sachet	2 sachets
Sesame Seeds	1 sachet	2 sachets
Jasmine Rice	150 g	300 g
Coriander	5 g	10 g
Soy Sauce	1 sachet	2 sachets
Honey	1 sachet	2 sachets
Bell Pepper	1 unit	2 units
Sweet Chilli Sauce	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	476.5 g	100 g
Energy (kJ/kcal)	2999.9 kJ/ 717 kcal	629.6 kJ/ 150.5 kcal
Fat (g)	30.2 g	6.3 g
Sat. Fat (g)	7.8 g	1.6 g
Carbohydrate (g)	76.7 g	16.1 g
Sugars (g)	13.9 g	2.9 g
Protein (g)	36 g	7.6 g
Salt (g)	2.3 g	0.5 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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Cook the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Cook for 12 mins, then remove the pot from the heat.
- Keep covered for another 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Garnish and Serve

- Fluff up the **rice** with a fork.
- Season with **salt** and stir in **half** the **coriander** and **half** the **sesame seeds**.
- Divide the **rice** between bowls, then top with the spicy **pork** stir-fry.
- Garnish with a sprinkling of the remaining **sesame seeds** and the remaining **coriander**.
- Finish with a drizzle of **sweet chilli sauce**.

Enjoy!



Get Prepped

- Meanwhile, trim the **pak choi**, then separate the leaves. Halve each leaf lengthways.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Roughly chop the **mushrooms**. Roughly chop the **coriander** (stalks and all).
- Place a large pan over medium-high heat with the **sesame oil**.
- Once the pan is hot, add **mushrooms** and **bell pepper**. Cook until softened, shifting occasionally, 4-5 mins.



Simmer the Sauce

- Add the **pork** and fry until browned, 5-6 mins. **IMPORTANT:** Wash hands and equipment after handling raw mince. Pork is cooked when no longer pink in the middle. Use a spoon to break it up as it cooks.
- Add the **pak choi**, **soy sauce**, **gochujang** (use less if you don't like spice) and 50ml **water** (double for 4p).
- Simmer, stirring, 1-2 mins.
- Add a splash of **water** if required. Season to taste with **salt** and **pepper**.
- Remove from the heat and stir in the **honey**.