

# Garlic & Ssamjang Pork Lettuce Cups

with Pickled Cucumber & Crushed Peanuts

EXPLORER

Grab your Meal Kit with this symbol



Cucumber



Carrot



Asian Greens



Garlic



Cos Lettuce



Fresh Chilli (Optional)



Pork Mince



Ssamjang Paste



Oyster Sauce




Roasted Peanuts



Beef Mince

Prep in: **15-25 mins**  
Ready in: **20-30 mins**

 Carb Smart

Tantalizing Asian flavours of garlic, ssamjang paste and oyster sauce overflow in these crisp cos lettuce cups! Juicy pork mince is browned with a medley of spices before layering crunchy peanuts and veggies, bringing you a bite that packs both unbeatable taste and crunch.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Brown Sugar, Sesame Oil

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
cucumber	1 (medium)	1 (large)
<b>vinegar*</b> (white wine or rice wine)	¼ cup	½ cup
carrot	1	2
Asian greens	1 bunch	2 bunches
garlic	2 cloves	4 cloves
cos lettuce	1 head	2 heads
fresh chilli  (optional)	½	1
pork mince	1 packet	1 packet
ssamjang paste	1 packet (30g)	1 packet (60g)
oyster sauce	1 medium packet	1 large packet
<b>brown sugar*</b>	1 tsp	2 tsp
<b>water*</b>	¼ cup	½ cup
<b>sesame oil*</b>	drizzle	drizzle
roasted peanuts	1 packet	2 packets
beef mince**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1928kJ (461Cal)	337kJ (81Cal)
Protein (g)	33g	5.8g
Fat, total (g)	25.5g	4.5g
- saturated (g)	6.5g	1.1g
Carbohydrate (g)	20.3g	3.5g
- sugars (g)	13.6g	2.4g
Sodium (mg)	1176mg	206mg
Dietary Fibre (g)	9.9g	1.7g

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2219kJ (530Cal)	388kJ (93Cal)
Protein (g)	37.2g	6.5g
Fat, total (g)	30g	5.2g
- saturated (g)	9.4g	1.6g
Carbohydrate (g)	20.3g	3.5g
- sugars (g)	13.6g	2.4g
Sodium (mg)	1141mg	199mg
Dietary fibre	9.9g	1.7g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



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## Pickle the cucumber

- Thinly slice **cucumber**. In a small bowl, combine **vinegar** and a good pinch of **sugar** and **salt**.
- Add **cucumber** to the **pickling liquid** with just enough **water** to cover the cucumber. Set aside.

3



## Cook the pork filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **pork mince**, breaking up with a spoon, until just browned, **4-5 minutes**.
- Add **carrot** and **Asian greens** and cook until tender, **2-3 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**.
- Remove from heat, then add **ssamjang paste**, **oyster sauce**, the **brown sugar**, the **water** and a drizzle of **sesame oil**. Stir to combine.

**Custom Recipe:** If you've swapped to beef mince, cook beef in the same way as the pork.

2



## Get prepped

- Grate the **carrot**.
- Roughly chop **Asian greens**. Finely chop **garlic**. Trim the end of **cos lettuce**, then separate the leaves. Thinly slice **fresh chilli** (if using).

4



## Serve up

- Drain pickled cucumber.
- Using a rolling pin or base of a saucepan, crush **roasted peanuts** in their packet (or finely chop if you'd prefer!).
- Spoon some garlic and ssamjang pork mince into each lettuce cup.
- Top with **chilli**, pickled cucumber and nuts to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)