



Garlic & Ssamjang Pork Salad Cups

with Pickled Onion & Crushed Peanuts

Grab your Meal Kit with this symbol



Onion



Carrot



Green Beans



Salad Leaves



Garlic



Pork Mince



Ssamjang Paste



Oyster Sauce



Crushed Peanuts

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **15-25 mins**
 Ready in: **20-30 mins**

Carb Smart

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

Pantry items

Olive Oil, Rice Wine Vinegar, Brown Sugar, Sesame Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1 (medium)	1 (large)
rice wine vinegar*	¼ cup	½ cup
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
salad leaves	1 head	2 heads
garlic	2 cloves	4 cloves
pork mince	1 packet	1 packet
ssamjang paste	1 medium packet	1 large packet
oyster sauce	1 packet (45g)	1 packet (100g)
brown sugar*	1 tsp	2 tsp
sesame oil*	drizzle	drizzle
water*	¼ cup	½ cup
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1913kJ (457Cal)	403kJ (96Cal)
Protein (g)	32.4g	6.8g
Fat, total (g)	25.6g	5.4g
- saturated (g)	7.1g	1.5g
Carbohydrate (g)	24.2g	5.1g
- sugars (g)	14.6g	3.1g
Sodium (mg)	1156mg	244mg
Dietary Fibre (g)	9.3g	2g

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://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Pickle the onion

- Thinly slice **onion**. In a small bowl, combine **rice wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch sliced **onion** in your hands, then add it to **pickling liquid**.
- Add just enough **water** to cover the onion. Set aside.

3



Cook the pork & veggies

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

2



Get prepped

- Grate **carrot**. Trim **green beans** and slice into thirds.
- Trim the end of **salad leaves**, then separate leaves. Finely chop **garlic**.

4



Serve up

- Drain pickled onion.
- Spoon some garlic and ssamjang pork into each salad cup.
- Top with pickled onion and **crushed peanuts** to serve.

Enjoy!