

Quick Garlic & Ssamjang Pork Lettuce Cups

with Pickled Chilli & Crushed Peanuts

Grab your Meal Kit with this symbol



Fresh Chilli (Optional)

Carrot

Celery

Garlic

Cos Lettuce

Ssamjang Paste

Oyster Sauce

Crushed Peanuts

Pork Mince

Beef Mince

Recipe Update
 The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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, 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
fresh chilli  (optional)	½	1
rice wine vinegar*	¼ cup	½ cup
carrot	1	2
celery	1 stalk	2 stalks
garlic	2 cloves	4 cloves
cos lettuce	1 head	2 heads
pork mince	1 packet	1 packet
ssamjang paste	1 medium packet	1 large packet
oyster sauce	1 medium packet	1 large packet
brown sugar*	1 tsp	2 tsp
sesame oil*	drizzle	drizzle
water*	¼ cup	½ cup
crushed peanuts	1 packet	2 packets
beef mince**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1882kJ (450Cal)	379kJ (91Cal)
Protein (g)	32.6g	6.6g
Fat, total (g)	25.9g	5.2g
- saturated (g)	7.1g	1.4g
Carbohydrate (g)	20g	4g
- sugars (g)	12.4g	2.5g
Sodium (mg)	1168mg	235mg
Dietary Fibre (g)	8.6g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2173kJ (519Cal)	437kJ (104Cal)
Protein (g)	36.8g	7.4g
Fat, total (g)	30.4g	6.1g
- saturated (g)	10g	2g
Carbohydrate (g)	20g	4g
- sugars (g)	12.4g	2.5g
Sodium (mg)	1147mg	231mg
Dietary Fibre (g)	8.6g	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 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

2022 | CW41



1



Pickle the chilli

- Thinly slice **chilli** (if using). In a small bowl, combine **rice wine vinegar** and a good pinch of **sugar** and **salt**.
- Add **chilli** to the **pickling liquid** with just enough **water** to cover the chilli. 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 **celery** and **carrot** and cook until tender, **4-5 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Remove from heat, then add **ssamjang paste**, **oyster sauce**, the **brown sugar**, a drizzle of **sesame oil** and the **water**. Stir to combine.

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

2



Get prepped

- Grate the **carrot**. Finely chop **celery** and **garlic**. Trim the end of **cos lettuce**, then separate the leaves.

4



Serve up

- Drain pickled chilli.
- Spoon some garlic and ssamjang pork mince into each lettuce cup.
- Top with pickled chilli and **crushed peanuts** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate