



Ssamjang Pork Lettuce Cups

with Sweetcorn Fried Rice

Grab your Meal Kit with this symbol



Jasmine Rice



Chicken-Style Stock Powder



Asian Greens



Garlic



Cos Lettuce



Sweetcorn



Ssamjang Paste



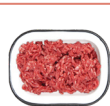
Oyster Sauce



Soy Sauce Mix



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: 25-35 mins
Ready in: 30-40 mins

Crunchy and green, lettuce cups are a fun way to involve a bit of veg into dinner. Their job is to hold all the ssamjang pork and veggies together. Doll out a helping of charred corn fried rice to the plate and this is one fun dinner that we can't get enough of.

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

Pantry items

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

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
jasmine rice	1 packet	1 packet
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
Asian greens	1 bunch	2 bunches
garlic	3 cloves	6 cloves
cos lettuce	1 head	2 heads
sweetcorn	1 tin	1 tin
ssamjang paste	1 medium packet	1 large packet
oyster sauce	1 medium packet	1 large packet
sesame oil*	1 tsp	2 tsp
brown sugar*	1 tsp	2 tsp
rice wine vinegar*	½ tsp	1 tsp
pork mince	1 packet	1 packet
egg*	1	2
soy sauce mix	1 packet (40g)	1 packet (80g)
beef mince**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2988kJ (714Cal)	530kJ (127Cal)
Protein (g)	39.5g	7g
Fat, total (g)	22.2g	3.9g
- saturated (g)	6.5g	1.2g
Carbohydrate (g)	84.3g	14.9g
- sugars (g)	15.5g	2.7g
Sodium (mg)	2695mg	478mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3279kJ (783Cal)	581kJ (138Cal)
Protein (g)	43.7g	7.7g
Fat, total (g)	26.7g	4.7g
- saturated (g)	9.4g	1.7g
Carbohydrate (g)	84.3g	14.9g
- sugars (g)	15.5g	2.7g
Sodium (mg)	2660mg	472mg

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.

We're here to help!

Scan here if you have any questions or concerns
2022 | CW45



Cook the rice

- Boil the kettle.
- Half-fill a medium saucepan with boiling water.
- Add **jasmine rice**, **chicken-style stock powder** and a pinch of **salt** and cook, uncovered, over high heat until tender, **10 minutes**.
- Drain, rinse with warm water and set aside.



Char the corn

- Wipe out the frying pan, then return to high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Get prepped

- Meanwhile, roughly chop **Asian greens**. Finely chop **garlic**.
- Trim the end of **cos lettuce**, then separate the leaves. Drain the **sweetcorn**.
- In a small bowl, combine **ssamjang paste**, **oyster sauce**, the **sesame oil**, **brown sugar**, **rice wine vinegar** and a splash of **water**.



Finish the fried rice

- Push **corn** to one side of the pan, then add a drizzle of **olive oil** to empty side. Crack **egg** into pan and scramble until cooked through, **1 minute**.
- Add remaining **garlic** and cook until fragrant, **1 minute**. Add **soy sauce mix** and cook until slightly reduced, **30 seconds**.
- Add cooked **rice** and stir until warmed through, **1-2 minutes**.



Cook the pork

- Heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **pork mince**, breaking up with a spoon, until just browned, **4-5 minutes**.
- Add the **Asian greens** and 1/2 the **garlic** and cook until fragrant and slightly wilted, **1-2 minutes**.
- Remove from heat, then add **ssamjang sauce mixture** and stir to combine. Transfer to a bowl and cover to keep warm.

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



Serve up

- Spoon some ssamjang pork into each lettuce cup and divide between plates.
- Serve with sweetcorn fried rice. Enjoy!

Rate your recipe

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