



Pork Tenderloin Tips in Bulgogi Sauce

with Korean-spiced bulgur & scallions

Nice & Fast

Total time: 25 min. • Based on 2 servings



Pork tenderloin tips



Vegetable mix



Korean spice mix



Bulgogi sauce



Bulgur



Scallions



Fresh ginger



Garlic



Red chili pepper

A fresh start

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Equipment

Box grater, sauté pan, bowl, frying pan, pan with lid attachment

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Pork tenderloin tips* (g)	100	200	300	400	500	600
Vegetable mix* (g)	150	300	450	600	750	900
Korean spice mix (sachets)	½	1	1½	2	2½	3
Bulgogi sauce (ml)	20	35	55	70	90	105
Bulgur (g)	85	170	250	335	420	505
Scallions* (pcs)	3	6	9	12	15	18
Fresh ginger* (cm)	1	2	3	4	5	6
Garlic (cloves)	½	1	1½	2	2½	3
Red chili pepper* (pcs)	¼	½	¾	1	1¼	1½
Not included						
Ketjap (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1½	3	4½	6	7½	9
Vegetable stock cube (pcs)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2777 / 664	636 / 152
Total fat (g)	22	5
Of which: saturated (g)	3,3	0,8
Carbohydrates (g)	73	17
Of which: sugars (g)	12,3	2,8
Fibre (g)	16	4
Protein (g)	36	8
Salt (g)	3,0	0,7

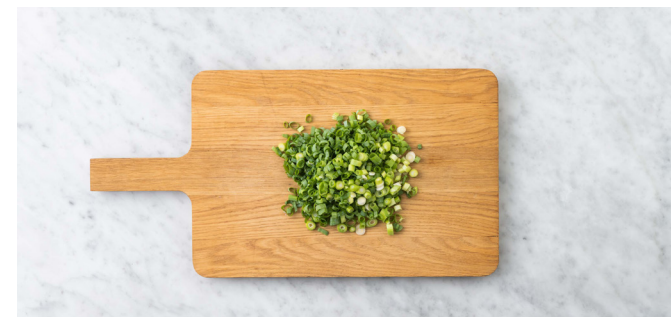
Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



Step 1:

- Bring plenty of water to the boil in a lidded pan for the **bulgur**.
- In a bowl, combine the **bulgogi sauce** with (per person) ½ tbsp each of ketjap and sunflower oil. Add the **pork tenderloin tips** and ensure they are well coated with the marinade, then set aside.
- Crush or mince the **garlic** and grate the **ginger** with a microplane.
- Deseed and finely chop the **red chili pepper**.



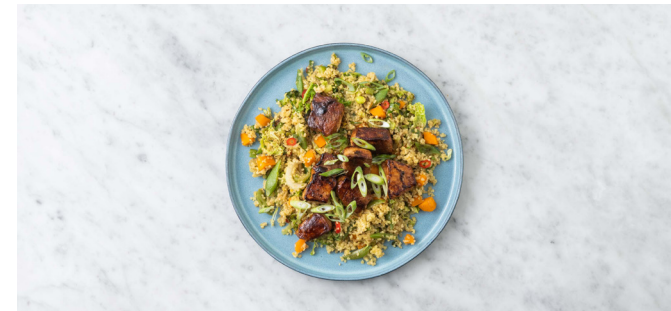
Step 2:

- Crumble the stock cube into the boiling water and then cook the **bulgur** for 10 - 12 minutes, covered, then drain and set aside without the lid.
- Meanwhile, finely chop the **scallions** and set aside some of the greens to use later as garnish.



Step 3:

- Heat ½ tbsp sunflower oil per person in a frying pan over medium-high heat and fry the **scallions, garlic, red chili pepper** and **ginger** for 1 - 2 minutes. Add the **Korean spice mix** and the **vegetable mix** and continue frying for a further 4 - 6 minutes.
- Meanwhile, heat another ½ tbsp sunflower oil per person in a frying pan over medium-high heat and fry the **pork tenderloin tips** in their marinade for 3 - 6 minutes, or until done. Season to taste with pepper.
- Add the **bulgur** to the pan with the vegetables and cook for 2 - 3 more minutes, then season to taste with salt and pepper.



Step 4:

- Serve the **bulgur** and **vegetables** on plates and top with the **pork tenderloin tips**.
- Garnish with the reserved **scallion** greens.

Enjoy!