



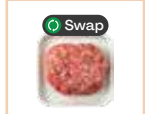
Smart Sesame Pork Bowls

with Roasted Veggies and Sriracha Mayo

Smart Meal

Spicy

30 Minutes



Ground Beef
250 g | 500 g

Customized Protein **+** Add **↻** Swap or ***2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



- Ground Pork
250 g | 500 g
- Sweet Potato
2 | 4
- Hot Pepper
1 | 2
- Zesty Garlic Blend
1 tbsp | 2 tbsp
- Green Onion
2 | 4
- Zucchini
1 | 2
- Mayonnaise
2 tbsp | 4 tbsp
- Sriracha
2 tsp | 4 tsp
- Sesame Seeds
9 g | 18 g
- Soy Sauce
1 tbsp | 2 tbsp
- Ginger-Garlic Puree
2 tbsp | 4 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, salt, pepper

Cooking utensils | 2 baking sheets, large non-stick pan, measuring spoons, small bowl, vegetable peeler

1



Prep and roast sweet potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- If desired, peel **sweet potatoes**.
- Cut **sweet potatoes** into ½-inch pieces.
- Add **sweet potatoes** and **1 tsp** (2 tsp) **oil** to an unlined baking sheet. Season with **salt, pepper** and **half the Zesty Garlic Blend**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 24-26 min.

2



Finish prep

- Meanwhile, halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Core, then cut **pepper** into 1-inch pieces. (TIP: We recommend using gloves when prepping hot peppers.)
- Thinly slice **green onions**, keeping **white** and **green parts** separate.

3



Roast veggies

- Add **peppers, zucchini** and **1 tsp** (2 tsp) **oil** to another unlined baking sheet. Season with **salt, pepper** and **remaining Zesty Garlic Blend**, then toss to combine.
- Roast in the **top** of the oven, stirring halfway through, until tender-crisp, 18-20 min.

4



Make sriracha mayo and toast sesame seeds

- Meanwhile, combine **mayo** and **sriracha** in a small bowl. (TIP: If you prefer a thinner mayo, stir in water, 1 tsp at a time, to reach desired consistency.)
- Heat a large non-stick pan over medium-high heat.
- When hot, add **sesame seeds** to the dry pan. Toast, stirring often, until golden, 3-5 min. (TIP: Keep your eye on them so they don't burn.) Transfer to a plate.

5



Cook pork

- Reheat the same pan over medium-high.
- When hot, add ½ **tsp** (1 tsp) **oil**, then **pork**. Cook, breaking up **pork** into smaller pieces, until no pink remains, 4-5 min.**
- Add **soy sauce, ginger-garlic puree** and **green onion whites** to the pan, then stir to combine. (TIP: Add a pinch or two of sugar, if desired.)
- Season with **pepper**, to taste.
- Remove from heat, then cover to keep warm.

6



Finish and serve

- Divide **sweet potatoes** and **veggies** between bowls.
- Top with **pork**, then drizzle **sriracha mayo** over top.
- Sprinkle **sesame seeds** and **green onion greens** over top.

Measurements within steps

1 tbsp	(2 tbsp)	oil
2 person	4 person	Ingredient

5 | Cook beef

Swap | Ground Beef

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **pork**.**

** Cook to a minimum internal temperature of 74°C/165°F.