



Carb Smart Pork and Sweet Potato Salad

with Creamy Herbed Sun-Dried Tomato Dressing

Smart Meal

25 Minutes

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 Beef
250 g | 500 g



Beyond Meat®
2 | 4



Ground Pork
250 g | 500 g



Sweet Potato
1 | 2



Mini Cucumber
1 | 2



Spring Mix
113 g | 227 g



Parsley
7 g | 14 g



Sour Cream
1 | 2



Mayonnaise
2 tbsp | 4 tbsp



Salad Topping Mix
28 g | 56 g



Sun-Dried Tomato Pesto
¼ cup | ¼ cup



Seasoned Rice Vinegar
1 ½ tbsp | 3 tbsp



BBQ Seasoning
1 tbsp | 2 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 | Salt, pepper, sugar, oil

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring spoons, medium bowl, parchment paper, whisk

1



Prep and cook sweet potatoes

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

- Cut **sweet potato** into ½-inch pieces. (TIP: If desired, peel before chopping.)
- Add **sweet potatoes** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **half the BBQ seasoning** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until tender and golden-brown, 18-20 min.

2



Marinate cucumber

- Thinly slice **cucumber**.
- Add **half the vinegar**, **¼ tsp** (½ tsp) **sugar** and **½ tbsp** (1 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **cucumber** to the bowl, then toss to coat.

3



Make dressing

- Finely chop **parsley**.
- Add **parsley**, **sour cream**, **mayo**, **half the sun-dried tomato pesto** (use all for 4 ppl) and **½ tbsp** (1 tbsp) **vinegar** to a medium bowl.
- Season with **salt** and **pepper**, then stir to combine.

4



Cook pork

Swap | **Ground Beef**

Swap | **Beyond Meat®**

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **pork**. Cook, breaking up **pork** into smaller pieces, until no pink remains, 4-5 min.**
- Add **remaining BBQ seasoning** and **2 tbsp** (4 tbsp) **water**. Cook, stirring occasionally, until fragrant, 1 min. Season with **salt**, to taste.

5



Finish and serve

- Add **sweet potatoes** and **spring mix** to the bowl with **cucumber**, then toss to coat.
- Divide **salad** and **pork** between plates.
- Drizzle with **dressing**. Sprinkle **salad topping mix** over top.

Measurements
within steps

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

4 | 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****.

4 | Cook Beyond Meat®

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, cook it the same way as the **pork**, breaking up **patties** into smaller pieces, until crispy, 5-6 min.**

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