



Smart Korean-Inspired Pork Bowls

with Sesame-Roasted Veggies and Gochujang Mayo

Smart Meal

Spicy

25 Minutes

Customized Protein

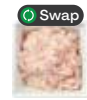
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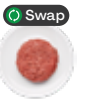
or

*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 Chicken
250 g | 500 g



Beyond Meat®
2 | 4



Ground Pork
250 g | 500 g



Gochujang
2 tbsp | 4 tbsp



Soy Sauce
½ tbsp | 1 tbsp



Sesame Oil
1 tbsp | 2 tbsp



Sweet Potato
1 | 2



Green Onion
2 | 4



Sweet Bell Pepper
1 | 2



Zucchini
2 | 4



Moo Shu Spice Blend
1 tbsp | 2 tbsp



Mayonnaise
2 tbsp | 4 tbsp



Garlic Salt
1 tsp | 2 tsp



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, pepper

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

1



Roast sweet potatoes

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

- Cut **sweet potatoes** into ½-inch pieces.
- Add **sweet potatoes** and **half the sesame oil** to an unlined baking sheet. Season with **pepper** and **half the garlic salt**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 24-26 min.

4



Make gochujang mayo

- Meanwhile, add **mayo** and **gochujang** to a small bowl, then stir to combine.

2



Prep

- Meanwhile, halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Core, then cut **pepper** into 1-inch pieces.
- Thinly slice **green onions**, keeping **white and green parts** separate.

3



Roast veggies

- Add **peppers, zucchini** and **remaining sesame oil** to another unlined baking sheet. Season with **pepper** and **remaining garlic salt**, then toss to combine.
- Roast in the **top** of the oven, stirring halfway through, until tender-crisp, 18-20 min.

5



Cook pork

🔄 Swap | **Ground Chicken**

🔄 Swap | **Beyond Meat®**

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tsp** (1 **tsp**) **oil**, then **pork**. Cook, breaking up **pork** into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard all but ½ **tbsp** (1 **tbsp**) **fat** from the pan.
- Add **Moo Shu Spice Blend**, **soy sauce** and **green onion whites** to the pan, then stir to combine. (**TIP**: Add ¼ **tsp** [½ **tsp**] **sugar**, if desired.)
- Season with **pepper**, to taste.

6



Finish and serve

- Transfer **sweet potatoes** to the baking sheet with **veggies**, then toss to combine.
- Divide **veggies** between bowls. Top with **pork**.
- Dollop **gochujang mayo** over top.
- Sprinkle with **remaining green onions**.

Measurements
within steps

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

5 | Cook chicken

🔄 Swap | **Ground Chicken**

If you've opted to get **chicken**, add 1 **tsp** (2 **tsp**) **oil** to the pan, then add **chicken**. Cook **chicken** in the same way the recipe instructs you to cook the **pork****

5 | Cook Beyond Meat®

🔄 Swap | **Beyond Meat®**

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

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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