



Smart Korean-Inspired Pork Bowls

with Sesame-Roasted Veggies and Gochujang Mayo

Smart Meal














Spicy

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	 Gochujang 2 tbsp 4 tbsp
 Soy Sauce ½ tbsp 1 tbsp	 Sesame Oil 1 tbsp 2 tbsp
 Carrot 2 4	 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 carrots

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

- Cut **carrot** into ½-inch pieces.
- Add **carrots** 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, 18-20 min.

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.

4



Make gochujang mayo

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

5



Cook pork

- [Swap](#) | [Ground Beef](#)
- [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 **carrots** 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 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**.**

5 | 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.** Disregard instructions to drain excess fat.

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