



Smart Sesame Pork Bowls

with Roasted Veggies and Sriracha Mayo

Smart Meal
















Spicy

30 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](http://www.hellofresh.ca)



	
	
Ground Turkey 250 g 500 g	Tofu 1 2
	
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

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.

4



Make sriracha mayo and toast sesame seeds

- Meanwhile, combine **mayo** and **sriracha** in a small bowl. (**TIP**: If you prefer thinner mayo sauce, 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.

2



Remaining prep

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

5



Cook pork

Swap | Ground Turkey

Swap | Tofu

- 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**.
- Remove from heat, then cover to keep warm.

3



Roast veggies

- Add **hot 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.

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 tsp) oil | 2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

5 | Cook turkey

Swap | Ground Turkey

If you've opted to get **turkey**, add ½ **tbsp** (1 **tbsp**) **oil** to the pan, then add **turkey**. Cook **turkey** in the same way the recipe instructs you to cook the **pork****.

5 | Cook tofu

Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels, then crumble into pea-sized pieces. When the pan is hot, add **1 tbsp** (2 **tbsp**) **oil**, then **tofu**. Cook for 6-7 min, stirring occasionally, until **tofu** is browned all over. Follow the rest of the recipe as written.

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