

# HELLO Smart Pork, Spinach and Pepper Curry

with Buttery Bulgur

**Smart Meal** 

Spicy

25 Minutes





Beef 250 g | 500 g



**Ground Pork** 



250 g | 500 g





Curry Paste



2 tbsp | 4 tbsp





Pepper



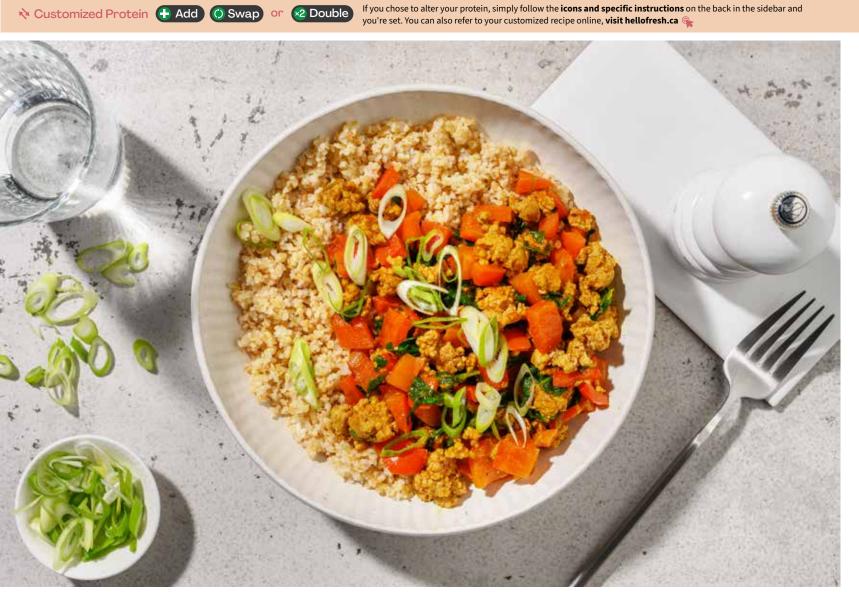
Green Onion

2 | 4

1 2



**Bulgur Wheat** 1/2 cup | 1 cup



Allengens 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.



Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium pot



# Cook bulgur

- Before starting, wash and dry all produce.
- Add ¾ cup (1 cup) water and ½ tsp (1 tsp) salt to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, stir in **bulgur** until **water** returns to a boil. Cover and remove from heat. Let stand until bulgur is tender and liquid is absorbed, 16-18 min.



# Prep

- Meanwhile, core, then cut pepper into 1/4-inch pieces.
- Roughly chop spinach.
- Thinly slice green onions.



## Cook pork

O Swap | Ground Beef

### 🗘 Swap | Tofu

- · Heat a large non-stick pan over medium-high heat.
- When hot, add **pork** to the dry pan. Cook, breaking up **pork** into smaller pieces, until no pink remains, 3-4 min.\*\* Season with salt and pepper.
- Add peppers. Cook, stirring occasionally, until tender-crisp, 3-4 min.





# Make sauce

- · Reduce heat to medium.
- Add Indian Spice Mix and curry paste. Cook, stirring constantly, until fragrant, 1 min.
- Add ½ cup (1 cup) water. Cook, stirring occasionally, until thickened slightly, 1-2 min.
- Add spinach and 1 tbsp (2 tbsp) butter. Stir until spinach is wilted, 30 sec.
- Season with salt and pepper.



### Finish and serve

- Fluff bulgur with a fork, then stir in 1 tbsp (2 tbsp) butter. Stir in half the green onions.
- · Divide bulgur between bowls.
- Top with **pork curry**.
- · Sprinkle with remaining green onions.

Measurements within steps

1 tbsp (2 tbsp)

oil 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.

### 3 | Cook beef

O Swap | Ground Beef

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

### 3 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.