



# Smart Pork, Spinach and Pepper Curry

## with Buttery Bulgur

Smart Meal

Spicy

25 Minutes

Customized Protein

+ Add

Swap

or

x2 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



Tofu  
1 | 2



Ground Pork  
250 g | 500 g



Indian Spice Mix  
1 tbsp | 2 tbsp



Curry Paste  
2 tbsp | 4 tbsp



Baby Spinach  
56 g | 113 g



Sweet Bell Pepper  
1 | 2



Green Onion  
2 | 4



Bulgur Wheat  
1/2 cup | 1 cup



**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 | Unsalted butter, salt, pepper

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

1



### Cook bulgur

- Before starting, wash and dry all produce.
- Add  $\frac{3}{4}$  cup (1 cup) **water** and  $\frac{1}{2}$  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.

2



### Prep

- Meanwhile, core, then cut **pepper** into  $\frac{1}{4}$ -inch pieces.
- Roughly chop **spinach**.
- Thinly slice **green onions**.

3



### Cook pork

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.

4



### Make sauce

- Reduce heat to medium.
- Add **Indian Spice Mix** and **curry paste**. Cook, stirring constantly, until fragrant, 1 min.
- Add  $\frac{1}{2}$  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**.

5



### 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 | 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.

### 3 | Cook beef

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.

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