



Smart and Hearty Tomato Pork Stew

with Parmesan and Veggies

Smart Meal

30 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 Turkey 250 g 500 g	Beyond Meat® 2 4



	
Ground Pork 250 g 500 g	Crushed Tomatoes with Garlic and Onion ½ 1
	
Carrot 1 2	Yellow Potato 150 g 300 g
	
Baby Spinach 113 g 227 g	Shallot 1 2
	
Parmesan Cheese, shredded ¼ cup ½ cup	Sun-Dried Tomato Pesto ¼ cup ½ cup
	
Chicken Stock Powder 1 tbsp 2 tbsp	Cream Sauce Spice Blend 1 tbsp 2 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.*

Ingredient quantities **56 g** | **113 g**
2-serving | 4-serving

Pantry items | Oil, sugar, pepper, salt

Cooking utensils | Baking sheet, large pot, measuring cups, measuring spoons, vegetable peeler

1



Prep and roast potatoes

- Before starting, preheat the oven to 475°F.
- Wash and dry all produce.
- Remove brown spots from **potatoes**, then cut into ½-inch pieces.
- To an unlined baking sheet, add **potatoes** and ½ **tbsp** (1 **tbsp**) **oil**. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **bottom** of the oven for 16-18 min, flipping halfway through, until tender and golden.

2



Finish prep

- Meanwhile, peel, then halve **carrot** lengthwise. Cut into ¼-inch half-moons.
- Peel, then cut **shallot** into ¼-inch pieces.
- Roughly chop **spinach**. (**TIP:** Place spinach in a bowl, then roughly chop using a pair of kitchen shears or scissors.)

3



Start stew

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

- Heat a large pot over medium-high.
- When hot, add **pork**, **carrots** and **shallots** to the dry pot. Season with **salt** and **pepper**.
- Cook for 4-5 min, stirring often and breaking up **pork** into smaller pieces, until no pink remains.** (**NOTE:** It's okay if bits of pork stick to the bottom of the pot at this step.)

4



Finish stew

- Add **Cream Sauce Spice Blend**, **chicken stock powder** and ½ **tsp** (1 **tsp**) **sugar**. Stir to coat.
- Add **sun-dried tomato pesto**, **half the crushed tomatoes** (use all for 4 servings) and **2 cups** (3 cups) **water**.
- Bring to a boil over high heat and cook, stirring often to remove **any pork** stuck to the bottom of the pot.
- Reduce heat to medium-low.
- Cover and cook for 7-9 min, stirring occasionally, until **carrots** are tender and **stew** has thickened slightly.

5



Finish and serve

- To the pot, add **roasted potatoes** and **spinach**. Stir for 1 min, until **spinach** wilts. Season with **salt** and **pepper**.
- Divide **stew** between bowls.
- Sprinkle **Parmesan cheese** over top.

Measurements within steps

1 tbsp	(2 tbsp)	oil
2-serving	4-serving	Ingredient

For 6 servings

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 | Start stew

Swap | **Ground Turkey**

If you've opted to get **turkey**, when the pot is hot, add **1 tbsp** (2 **tbsp**) **oil**, then **turkey** and **veggies**. Season with **salt** and **pepper**. Cook **turkey** in the same way the recipe instructs you to cook the **pork****.

3 | Start stew

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, when the pot is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **Beyond Meat® patties** and **veggies**. Cook for 5-6 min, in the same way as the **pork**, breaking up **patties** into smaller pieces, until crispy.**

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