

HELLO Smart and Hearty Tomato Pork Stew with Parmesan and Veggies

Smart Meal

30 Minutes











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 🎥











Ground Pork 250 g | 500 g

Tomatoes with Garlic and Onion 1/2 1





Carrot 1 | 2

Yellow Potato 150 g | 300 g





Baby Spinach 113 g | 227 g







Parmesan Cheese, shredded 1/4 cup | 1/2 cup



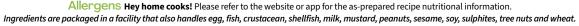


Chicken Stock Powder 1 tbsp | 2 tbsp

Ingredient quantities



Cream Sauce Spice Blend 1 tbsp | 2 tbsp



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



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 1/2 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.



Finish prep

- Meanwhile, peel, then halve carrot lengthwise. Cut into 1/4-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.)



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.)



3 | Start stew Swap | Ground Turkey

visual and temperature cues.

Measurements

within steps

For 6 servings

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.**

1 tbsp

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

oil

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.**



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.



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.