



Smart Sesame Pork Bowls

with Roasted Veggies and Sriracha Mayo

Smart Meal

Spicy

30 Minutes

Customized Protein

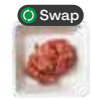
+ Add

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



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.

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.
- To an unlined baking sheet, add **sweet potatoes** and **1 tsp** (2 tsp) **oil**. Season with **salt, pepper** and **half the Zesty Garlic Blend**, then toss to coat.
- Roast in the **middle** of the oven for 24-26 min, flipping halfway through, until tender and golden.

4



Make sriracha mayo and toast sesame seeds

- Meanwhile, in a small bowl, combine **mayo** and **sriracha**. (**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.
- 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 4-5 min, breaking up **pork** into smaller pieces, until no pink remains.**
- 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

- To another unlined baking sheet, add **hot peppers, zucchini** and **1 tsp** (2 tsp) **oil**. Season with **salt, pepper** and **remaining Zesty Garlic Blend**, then toss to combine.
- Roast in the **top** of the oven for 18-20 min, stirring halfway through, until tender-crisp.

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 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.

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**, while the pan heats, 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 165°F.