

Happy cooking!

Carb Smart Pork and Sweet Potato Salad

with Creamy Herbed Sun-Dried Tomato Dressing

Carb Smart

30 Minutes



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Parsley

Mayonnaise



Sweet Potato





Spring Mix









Salad Topping Mix



Rice Vinegar



BBQ Seasoning

Start here

- Before starting, preheat the oven to
- Wash and dry all produce.

Measurements 1 tbsp (2 tbsp) oil within steps Ingredient

Bust out

Baking sheet, medium bowl, measuring spoons, large bowl, parchment paper, whisk, large non-stick pan

Ingredients

ingi edients		
	2 Person	4 Person
Ground Pork	250 g	500 g
Double Ground Pork	500 g	1000 g
Sweet Potato	1	2
Radish	3	6
Spring Mix	113 g	227 g
Parsley	7 g	14 g
Sour Cream	3 tbsp	6 tbsp
Mayonnaise	2 tbsp	4 tbsp
Salad Topping Mix	28 g	56 g
Sun-Dried Tomato Pesto	2 tbsp	4 tbsp
Rice Vinegar	2 tbsp	4 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
Sugar*	1/4 tsp	½ tsp
Oil*		

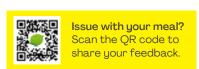
Salt and Pepper*

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F.

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.





Prep and cook sweet potatoes

- Cut sweet potato into ½-inch pieces. (TIP: If desired, peel before chopping.)
- Add sweet potatoes and 1 tbsp (2 tbsp) oil to a parchment-lined baking sheet. Season with half the BBQ seasoning and pepper, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until tender and goldenbrown, 18-20 min.



Marinate radishes

- Cut radishes into 1/4-inch rounds.
- Add half the vinegar, 1/4 tsp (1/2 tsp) sugar and ½ tbsp (1 tbsp) oil to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add radishes to the bowl, then toss to coat.



Make dressing

- Finely chop parsley.
- Add parsley, sour cream, mayo, half the sun-dried tomato pesto (use all for 4 ppl) and 1/2 tbsp (1 tbsp) vinegar to a medium bowl.
- Season with salt and pepper, then stir to combine.



Cook pork

- · Heat a large non-stick pan over mediumhigh heat.
- When hot, 1/2 tbsp (1 tbsp) oil, then pork. Cook, breaking up **pork** into smaller pieces, until no pink remains, 4-5 min.**
- Add remaining BBQ seasoning and 2 tbsp (4 tbsp) water. Cook, stirring occasionally, until fragrant, 1 min. Season with salt, to taste.

If you've opted for **double pork**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of pork. Work in batches, if necessary.



Finish and serve

- Add sweet potatoes and spring mix to the bowl with radishes, then toss to coat.
- Divide **salad** and **pork** between plates.
- Drizzle with dressing. Sprinkle salad topping mix over top.

Dinner Solved!