



# Carb Smart Pork and Sweet Potato Salad

with Creamy Herbed Sun-Dried Tomato Dressing

Carb Smart 30 Minutes



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- Ground Pork
- Ground Turkey
- Sweet Potato
- Radish
- Spring Mix
- Parsley
- Sour Cream
- Mayonnaise
- Salad Topping Mix
- Sun-Dried Tomato Pesto
- Rice Vinegar
- BBQ Seasoning

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

### HELLO SUN-DRIED TOMATO PESTO

*This pesto gets its natural sweetness from sun-dried tomatoes!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## Bust out

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

## Ingredients

	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*	¼ 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.



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1



## 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 golden-brown, 18-20 min.

4



## Cook pork

- Heat a large non-stick pan over medium-high heat.
- When hot, **½ 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.

2



## Marinate radishes

- Cut **radishes** into ¼-inch rounds.
- Add **half the vinegar**, **¼ tsp** (½ 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.

5



## 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!

3



## Make dressing

- Finely chop **parsley**.
- Add **parsley**, **sour cream**, **mayo**, **half the sun-dried tomato pesto** (use all for 4 ppl) and **½ tbsp** (1 tbsp) **vinegar** to a medium bowl.
- Season with **salt** and **pepper**, then stir to combine.