



# Carb Smart Pork and Sweet Potato Salad

## with Creamy Herbed Sun-Dried Tomato Dressing

Smart Meal

25 Minutes

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or

\*2 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](http://www.hellofresh.ca)

	
	
Ground Turkey 250 g   500 g	Beyond Meat® 2   4



	
Ground Pork 250 g   500 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	

**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.

Pantry items | Oil, salt, pepper, sugar

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

1



### Prep and cook sweet potatoes

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Cut **sweet potato** into ½-inch pieces. (TIP: If desired, peel before chopping.)
- Add **sweet potato** 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.

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.

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.

4



### Cook pork

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

- 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.

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.

Measurements within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

### 4 | Cook turkey

Swap | **Ground Turkey**

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **pork**.\*\*

### 4 | Cook Beyond Meat®

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prepare, cook and plate it the same way the recipe instructs you to cook the **pork**.\*\*

\*\* Cook to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.