



North African-Style Loaded Pork Bowls

with Roasted Sweet Potatoes

Discovery

35 Minutes

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[*2 Double](#)

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Ground Chicken
250 g | 500 g



Plant-Based Protein Shreds
200 g | 400 g



Ground Pork
250 g | 500 g



Sweet Potato
2 | 4



Moroccan Spice Blend
1/2 tsp | 1 tsp



Onion, chopped
113 g | 227 g



Garlic, cloves
2 | 4



Harissa Spice Blend
1 tsp | 2 tsp



Baby Spinach
113 g | 226 g



Feta Cheese, crumbled
1/4 cup | 1/2 cup



Almonds, sliced
28 g | 56 g



Sultana Raisins
28 g | 56 g

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*

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

1



Roast sweet potatoes

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Peel, then cut **sweet potatoes** into ¾-inch pieces.
- Add **sweet potatoes**, **1 tsp** (2 tsp) **Moroccan Spice Blend** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until golden-brown and tender, 22-24 min.

2



Prep and toast almonds

- Heat a large non-stick pan over medium-high heat.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden-brown, 5-6 min. (**TIP:** Keep your eye on them so they don't burn!)
- Transfer **toasted almonds** to a plate and set aside.

3



Cook pork

- Add **1 tbsp** (2 tbsp) **oil** to the same pan, then **pork** and **½ tsp** (1 tsp) **Moroccan Spice Blend**.
- Cook, breaking up **pork** into smaller pieces, until no pink remains, 4-5 min. ****** Season with **salt** and **pepper**.
- Transfer to a plate, then cover to keep warm.

4



Cook harissa-spiced onions

- Meanwhile, peel, then mince or grate **garlic**.
- Add **1 tbsp** (2 tbsp) **oil** to the same pan, then **onions**. Cook, stirring occasionally, until softened, 2-3 min.
- Add **garlic** and **Harissa Spice Blend**. Cook, stirring often, until fragrant, 30 sec.
- Transfer **harissa-spiced onions** to a large bowl.

5



Finish and serve

- Add **spinach**, **half the raisins**, **half the almonds** and **1 tbsp** (2 tbsp) **oil** to the bowl with **harissa-spiced onions**. Season with **salt** and **pepper**, then toss to combine.
- Divide **salad** between plates, then top with **roasted sweet potatoes** and **pork**.
- Sprinkle **feta**, **remaining raisins** and **remaining almonds** over top.

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

3 | Cook chicken

Swap | Chicken

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

3 | Cook protein shreds

Swap | Protein Shreds

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

****** Cook pork, chicken and protein shreds to a minimum internal temperature of 74°C/165°F, as size may vary.

| ***** Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.



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