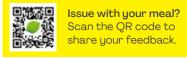


North African-Style Loaded Pork Bowls

with Roasted Sweet Potatoes

Discovery

35 Minutes













Sweet Potato

Moroccan Spice Blend







Onion, chopped

Garlic, cloves





Harissa Spice Blend

Baby Spinach







Feta Cheese, crumbled

Almonds, sliced



Sultana Raisins



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

Happy cooking!

Start here

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

Measurements, 1 tbsp (2 tbsp) oil within steps

Bust out

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

Ingredients

in ign concince		
	2 Person	4 Person
Ground Pork	250 g	500 g
Ground Beef	250 g	500 g
Sweet Potato	2	4
Moroccan Spice Blend	½ tbsp	1 tbsp
Onion, chopped	113 g	227 g
Garlic, cloves	2	4
Harissa Spice Blend	1 tbsp	2 tbsp
Baby Spinach	113 g	226 g
Feta Cheese, crumbled	1/4 cup	½ cup
Almonds, sliced	28 g	56 g
Sultana Raisins	28 g	56 g
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.



Roast sweet potatoes

- Peel, then cut sweet potatoes into 3/4-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.



Prep and toast almonds

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



- 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.

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



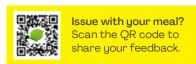
Cook harissa-spiced onions

- 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.



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.



Dinner Solved!