



# Smart and Hearty Tomato Pork Stew

with Parmesan and Veggies

Smart 30 Minutes

Custom Recipe + Add Swap 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](https://www.hellofresh.ca)



Ground Pork  
500 g | 1000 g



Ground Pork  
250 g | 500 g



Crushed Tomatoes  
with Garlic and  
Onion  
1 | 2



Carrot  
1/2 | 1



Yellow Potato  
150 g | 300 g



Baby Spinach  
113 g | 227 g



Shallot  
1 | 2



Parmesan Cheese,  
shredded  
1/4 cup | 1/2 cup



Sun-Dried Tomato  
Pesto  
1/4 cup | 1/2 cup



Chicken Stock  
Powder  
1 tbsp | 2 tbsp



Cream Sauce Spice  
Blend  
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.

1



### Prep and roast potatoes

- Before starting, preheat the oven to 475°F.
- Wash and dry all produce.
- Cut **potatoes** into ½-inch pieces.
- Add **potatoes** and ½ **tblsp** (1 **tblsp**) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **bottom** of the oven, flipping halfway through, until tender and golden-brown, 16-18 min.

2



### Finish prep

- While **potatoes** roast, peel, then halve **half the carrot** lengthwise (use whole carrot for 4 ppl). Cut into ¼-inch half-moons.
- Peel, then cut **shallot** into ¼-inch pieces.
- Roughly chop **spinach**. (**TIP**: Place spinach in a bowl, then roughly chop using a pair of kitchen shears or scissors!)

3



### Start stew

- ×2 Double | **Ground Pork**
- Heat a large pot over medium-high heat.
- When hot, add **pork**, **carrots** and **shallots** to the dry pot. Season with **salt** and **pepper**.
- Cook, stirring often and breaking up **pork** into smaller pieces, until no pink remains, 4-5 min.\*\* (**NOTE**: It's okay if bits of pork stick to the bottom of the pot at this step.)

4



### Finish stew

- ×2 Double | **Ground Pork**
- Add **Cream Sauce Spice Blend**, **chicken stock powder** and ½ **tsp** (1 **tsp**) **sugar**. Stir to coat.
- Add **crushed tomatoes**, **sun-dried tomato pesto** and 1 ½ **cups** (3 **cups**) **water**.
- Bring to a boil over high heat and cook, stirring often to remove any **pork** stuck to the bottom of the pot.
- Reduce heat to medium-low.
- Cover and cook, stirring occasionally, until **carrots** are tender and **stew** has thickened slightly, 7-9 min.

5



### Finish and serve

- Add **roasted potatoes** and **spinach**. Stir until **spinach** wilts, 1 min. Season to taste with **salt** and **pepper**.
- Divide **stew** between bowls. Sprinkle **Parmesan cheese** over top.

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

### 3 | Start stew

×2 Double | **Ground Pork**

If you've opted for **double pork**, add 1 **tblsp** (2 **tblsp**) **oil** to the pot, then cook in the same way the recipe instructs you to cook the **regular portion of pork**.

### 4 | Finish stew

×2 Double | **Ground Pork**

If you've opted for **double pork**, increase **water** to 2 ½ **cups** (5 **cups**), then finish the **stew** as the recipe instructs.

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



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