



Carb Smart Egg Roll Bowl with Green Onions

Carb Smart

25 Minutes



Ground Pork



Garlic



Soy Sauce Mirin Blend



Moo Shu Spice Blend



Ginger



Green Onions



Coleslaw Cabbage Mix



Sesame Oil



Spring Mix



Mirepoix

HELLO MOO SHU SPICE BLEND

This zesty blend will punch up the flavour of pork!

Start here

Before starting, wash and dry all produce.

Bust out

Medium bowl, measuring spoons, large bowl, large non-stick pan, medium non-stick pan

Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Garlic	9 g	18 g
Soy Sauce Mirin Blend	4 tbsp	8 tbsp
Moo Shu Spice Blend	1 tbsp	2 tbsp
Ginger	30 g	60 g
Green Onions	2	4
Coleslaw Cabbage Mix	170 g	340 g
Sesame Oil	1 tbsp	2 tbsp
Spring Mix	113 g	227 g
Mirepoix	113 g	227 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 our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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1 Prep

Peel, then mince or grate **garlic** (6 cloves for 4 ppl). Peel, then mince or grate **ginger**. Thinly slice **green onions**, keeping white and green parts separate.



2 Prep sauce

Combine **garlic, ginger, Soy Sauce Mirin Blend, sesame oil** and **green onion whites** in a medium bowl. Season with **pepper**.



3 Start pork mixture

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **pork** and **mirepoix**. Cook, breaking up **pork** into smaller pieces, until no pink remains, 4-5 min.** Season with **Moo Shu Spice Blend, salt** and **pepper**.



4 Finish pork mixture

Add **coleslaw cabbage mix** to the pan with **pork**. Cook, stirring frequently, until tender-crisp, 2-3 min. Stir in **sauce**. Cook until slightly thickened, 3-5 min.



5 Finish and serve

Toss **spring mix** with **1 tbsp oil** (dbl for 4 ppl) in a large bowl. Season with **salt** and **pepper**. Divide **spring mix** between bowls. Top with **pork mixture**. Sprinkle **remaining green onions** over top. Top with **fried egg**, if using.



6 Got eggs?

In step 3, while **pork** cooks, heat a medium non-stick pan over medium-low heat. When hot, add **1 tbsp oil** (dbl for 4 ppl). Crack in **two eggs** (dbl for 4 ppl). Season with **salt** and **pepper**. Pan-fry, covered, until **egg whites** have set, 2-3 min.** (**NOTE:** The yolks will still be runny!)

Dinner Solved!