



Sesame Ground Pork Bowl

with Garlic-Cauliflower Rice

Carb Smart

30 Minutes



Ground Pork



Soy Sauce



Sweet Chili Sauce



Sesame Oil



Sesame Seeds



Onion, chopped



Carrot, julienned



Snow Peas



Garlic



Cauliflower, riced



Green Onions

HELLO CAULIFLOWER RICE

Made from minced cauliflower, this "rice" is nutty and sweet when cooked.

Start here

Before starting, wash and dry all produce.

Bust Out

Medium bowl, measuring spoons, aluminum foil, small bowl, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Soy Sauce	2 tbsp	4 tbsp
Sweet Chili Sauce	2 tbsp	4 tbsp
Sesame Oil	½ tbsp	1 tbsp
Sesame Seeds	1 tbsp	1 tbsp
Onion, chopped	56 g	113 g
Carrot, julienned	56 g	113 g
Snow Peas	227 g	454 g
Garlic	6 g	12 g
Cauliflower, riced	227 g	454 g
Green Onions	2	4
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°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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Prep and toast seeds

Trim the **snow peas**, then cut in half. Thinly slice the **green onions**. Peel, then mince or grate the **garlic**. Heat a large non-stick pan over medium heat. When hot, add the **sesame seeds** to the dry pan. Toast, stirring often, until golden-brown 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a small bowl.



Cook pork

Reduce heat to medium, then add **½ tbsp oil** (dbl for 4 ppl) to the same pan. Add the **chopped onions, remaining garlic** and **pork**. Cook, breaking up **pork** into smaller pieces, until no pink remains, 4-5 min.** Add the **soy sauce**. Cook, stirring often until slightly thickened, 1 min. Remove the pan from heat. Stir in the **sweet chili sauce** and **sesame seeds**. Season with **salt** and **pepper**. Set aside.



Cook cauliflower rice

Add **½ tbsp oil** (dbl for 4 ppl), then **half the garlic** to the same pan. Cook, stirring often, until fragrant, 1 min. Add the **cauliflower rice** and **1 tbsp water** (dbl for 4 ppl). Cook, stirring often, until tender-crisp, 3-4 min. Season with **salt** and **pepper**. Transfer to a medium bowl and cover to keep warm.



Finish and serve

Divide the **garlic-cauliflower rice** between bowls. Top with the **veggies**, then the **pork**. Sprinkle with the **green onions**.

Dinner Solved!



Cook veggies

Increase the heat to medium-high. When hot, add the **sesame oil** to the same pan, then the **carrots** and **peas**. Cook, stirring often, until **veggies** are tender-crisp, 3-4 min. Season with **salt** and **pepper**. Transfer to a plate and cover with foil to keep warm.