



Cal Smart Sesame Pork Bowls

with Cilantro Rice

Calorie Smart

Optional Spice

25 Minutes



Ground Pork



Parboiled Rice



Shanghai Bok Choy



Cilantro



Mushrooms



Soy Sauce



Sesame Oil



Honey



Sriracha



Sweet Bell Pepper



Black Sesame Seeds

HELLO SPICY-SWEET SESAME SAUCE

This nutty and flavourful Korean-style sauce takes veggies to the next level!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Heat Guide for Step 4 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: 1 tsp
- Spicy: 1 ½ tsp
- Extra-spicy: 2 tsp

Bust out

Baking sheet, medium bowl, measuring spoons, medium pot, parchment paper, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Parboiled Rice	½ cup	1 cup
Shanghai Bok Choy	227 g	454 g
Cilantro	7 g	14 g
Mushrooms	113 g	227 g
Soy Sauce	2 tbsp	4 tbsp
Sesame Oil	1 tbsp	2 tbsp
Honey	1 tbsp	2 tbsp
Sriracha 🌶️	2 tsp	4 tsp
Sweet Bell Pepper	160 g	320 g
Black Sesame Seeds	1 tbsp	2 tbsp
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.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

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Start rice

Bring **1 cup water** and **⅛ tsp salt** (dbl both for 4 ppl) to a boil in a covered medium pot. Add **½ cup rice** (dbl for 4 ppl), then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 15-18 min. Remove the pot from heat. Set aside, still covered.



Mix spicy-sweet sesame sauce

While **veggies** roast, stir together **½ tbsp water** (dbl for 4 ppl), **half the honey**, **half the soy sauce** and **1 tsp sriracha** in a medium bowl. (NOTE: Reference heat guide.) Set aside.



Prep

While the **rice** cooks, cut **bok choy** into ½-inch pieces. Core, then cut **pepper** into ½-inch slices. Thinly slice **mushrooms**. Roughly chop **cilantro**.



Cook pork and mushrooms

Heat a large non-stick pan over medium-high heat. When hot, add **remaining sesame oil**, then **pork** and **mushrooms**. Cook, breaking up the **pork** into smaller pieces, until **pork** is no longer pink and **mushrooms** are tender, 5-6 min. ** Remove pan from heat, then add **remaining soy sauce**, **remaining honey**, **salt** and **pepper**. Stir to combine.



Roast bok choy and peppers

Toss **peppers**, **bok choy** and **half the sesame oil** on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven until tender-crisp, 8-10 min.



Finish and serve

Fluff **rice** with a fork. Season with **salt** and stir in **half the cilantro** and **half the sesame seeds**. Divide **rice** between bowls, then top with **pork mixture** and **veggies**. Drizzle with **spicy-sweet sesame sauce**, then sprinkle **remaining sesame seeds** and **remaining cilantro** over top.

Dinner Solved!