



Carb Smart Gochujang Pork Bowl

with Roasted Veggies and Sesame

Carb Smart

Spicy

30 Minutes



Ground Pork



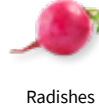
Gochujang



Soy Sauce



Sesame Oil



Radishes



Ginger



Seasoned Rice Vinegar



Green Onions



Sesame Seeds



Cauliflower, florets



Zucchini



Togarashi Spice

HELLO GOCHUJANG

This fermented Korean chili paste has distinct savoury, sweet and spicy notes!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, medium bowl, medium non-stick pan, measuring spoons, parchment paper, small bowl, large non-stick pan, strainer

Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Gochujang 🌶️	4 tbsp	8 tbsp
Soy Sauce	2 tbsp	4 tbsp
Sesame Oil	2 tbsp	4 tbsp
Radishes	5	10
Ginger	15 g	15 g
Seasoned Rice Vinegar	3 tbsp	6 tbsp
Green Onions	2	4
Sesame Seeds	1 tbsp	2 tbsp
Cauliflower, florets	285 g	570 g
Zucchini	200 g	400 g
Togarashi Spice 🌶️	1 tbsp	2 tbsp
Sugar*	½ tbsp	1 tbsp
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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Roast veggies

Cut **cauliflower** into bite-sized pieces. Halve **zucchini** lengthwise, then into ½-inch thick half-moons. Add **cauliflower, zucchini** and **half the sesame oil** to a parchment-lined baking sheet. Sprinkle with **Togarashi Spice, salt** and **pepper**, then toss to combine. Roast in the **middle** of the oven, stirring halfway through, until tender-crisp, 16-18 min. (**NOTE:** For 4 ppl, use 2 baking sheets. Roast in the top and middle of the oven, rotating sheets halfway through.)



Cook pork

Heat the same pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **1 tsp ginger** (dbl for 4 ppl). Cook, stirring often, until fragrant, 30 sec. Add **pork**. Cook, breaking up into smaller pieces, until no pink remains, 4-5 min.** Carefully drain and discard any excess fat. Add **sauce mixture, 2 tsp pickling liquid** (dbl for 4 ppl) and **half the sesame seeds**. Cook, stirring often, until **sauce** thickens slightly, 2-3 min.



Prep

While **veggies** roast, thinly slice **green onions**. Thinly slice **radishes**. Peel, then mince or grate **half the ginger**. Stir together **half the gochujang, soy sauce, remaining sesame oil** and **1 tbsp water** (dbl for 4 ppl) in a small bowl. (**NOTE:** This is your sauce mixture.)



Finish and serve

Drain **pickled radishes** and discard remaining liquid. Divide **zucchini** and **cauliflower** between bowls. Top with **pork** and **pickled radishes**. Drizzle **remaining gochujang** over top. Sprinkle with **green onions** and **remaining sesame seeds**, if desired.



Toast sesame seeds and pickle radishes

Heat a large non-stick pan over medium-high heat. When hot, add **sesame seeds** to the dry pan. Toast, stirring occasionally, until golden-brown, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate. While pan heats, add **vinegar, ½ tbsp sugar** and **a pinch of salt** (dbl both for 4 ppl) to a medium microwavable bowl. (**NOTE:** This is your pickling liquid.) Microwave in 15 sec. increments, stirring between each, until **sugar** dissolves. Add **radishes** to the bowl, then stir to combine.



Got eggs?

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

Dinner Solved!