



# North African-Style Loaded Beef Bowls with Roasted Sweet Potatoes

35 Minutes

Customized Protein

+ 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)

Swap



Ground Pork  
250 g | 500 g

Swap



Plant-Based  
Protein Shreds  
200 g | 400 g



Ground Beef  
250 g | 500 g



Sweet Potato  
2 | 4



Moroccan Spice  
Blend  
½ tbsp | 1 tbsp



Onion, chopped  
113 g | 227 g



Garlic, cloves  
2 | 4



Harissa Spice  
Blend  
1 tbsp | 2 tbsp



Baby Spinach  
113 g | 226 g



Feta Cheese,  
crumbled  
¼ cup | ½ cup



Almonds, sliced  
28 g | 56 g



Sultana Raisins  
28 g | 56 g

**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.

Pantry items | Oil, salt, pepper

Cooking utensils | Baking sheet, vegetable peeler, measuring spoons, large bowl, parchment paper, large non-stick pan

1



### Roast sweet potatoes

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

- Peel, then cut **sweet potatoes** into ¾-inch pieces.
- Add **sweet potatoes**, **1 tsp** (2 tsp) **Moroccan Spice Blend** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until golden-brown and tender, 22-24 min.

2



### Toast almonds

- Heat a large non-stick pan over medium-high heat.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden-brown, 5-6 min. (**TIP:** Keep your eye on them so they don't burn!)
- Transfer **toasted almonds** to a plate and set aside.

3



### Cook beef

🔄 Swap | **Ground Pork**

🔄 Swap | **Protein Shreds**

- Add **1 tbsp** (2 tbsp) **oil** to the same pan, then **beef** and **½ tsp** (1 tsp) **Moroccan Spice Blend**.
- Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. **\*\***
- Season with **salt** and **pepper**.
- Transfer to a plate, then cover to keep warm.

4



### Cook harissa-spiced onions

- Meanwhile, peel, then mince or grate **garlic**.
- Add **1 tbsp** (2 tbsp) **oil** to the same pan, then **onions**. Cook, stirring occasionally, until softened, 2-3 min.
- Add **garlic** and **Harissa Spice Blend**. Cook, stirring often, until fragrant, 30 sec.
- Transfer **harissa-spiced onions** to a large bowl.

5



### Finish and serve

- Add **spinach**, **half the raisins**, **half the almonds** and **1 tbsp** (2 tbsp) **oil** to the bowl with **harissa-spiced onions**. Season with **salt** and **pepper**, then toss to combine.
- Divide **salad** between plates, then top with **roasted sweet potatoes** and **beef**.
- Sprinkle **feta**, **remaining raisins** and **remaining almonds** over top.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

### 3 | Cook pork

🔄 Swap | **Ground Pork**

If you've opted to get **pork**, cook it in the same way the recipe instructs you to cook the **beef**. **\*\***

### 3 | Cook protein shreds

🔄 Swap | **Protein Shreds**

If you've opted to get **protein shreds**, cook and plate in the same way the recipe instructs you to cook and plate the **beef**, tossing occasionally until cooked through, 6-8 min. **\*\***

**\*\*** Cook beef, pork and protein shreds to a minimum internal temperature of 74°C/165°F.



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