

HELLO North African-Style Loaded Beef Bowls

with Roasted Sweet Potatoes

35 Minutes





Customized Protein Add





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 降











Sweet Potato 2 4





1/2 tbsp | 1 tbsp





Garlic, cloves



2 4





Baby Spinach 113 g | 226 g



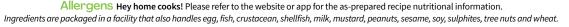
Feta Cheese, crumbled 1/4 cup | 1/2 cup



Almonds, sliced 28 g | 56 g



28 g | 56 g



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



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.



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.



Cook beef

🗘 Swap | Ground Pork

O 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.



3 | Cook protein shreds

Swap | Ground Pork

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

Measurements

3 | Cook pork

within steps

the beef.**

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.**

1 tbsp

(2 tbsp)

oil



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.



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.

