



Sesame Ground Pork Bowl

with Bulgur

Carb Smart

30 Minutes



Ground Pork



Plum Sauce



Sesame Oil



Sesame Seeds



Carrot, julienned



Snow Peas



Garlic



Green Onions



Bulgur Wheat

HELLO BULGUR

Cracked durum wheat with Middle Eastern origins and a light nutty flavour.

Start here

Before starting, wash and dry all produce.

Bust Out

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

Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Plum Sauce	½ tbsp	1 tbsp
Sesame Oil	½ tbsp	1 tbsp
Sesame Seeds	1 tbsp	1 tbsp
Carrot, julienned	56 g	113 g
Snow Peas	227 g	454 g
Garlic	6 g	12 g
Green Onions	2	4
Bulgur Wheat	½ cup	1 cup
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 **garlic** and **pork**. Cook, breaking up **pork** into smaller pieces, until no pink remains, 4-5 min. ****** Cook, stirring often until slightly thickened, 1 min. Remove the pan from heat. Stir in half the **plum sauce** (use all for 4 ppl) and **toasted sesame seeds**. Season with **salt** and **pepper**. Set aside.



Cook bulgur

Add **¾ cups water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Add **bulgur**, then cover and let stand, until tender and liquid is absorbed, 15-16 min. Fluff with a fork.



Finish and serve

Divide the **bulgur** between bowls. Top with the **veggies**, then the **pork**. Sprinkle with the **green onions**.

Dinner Solved!



Cook veggies

While bulgur cooks, heat the same pan (from step 1) over medium-high. When hot, add **½ tbsp sesame oil** (dbl for 4 ppl), then the **carrots** and **snow 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.