



# 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, measuring cups, 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, then halve **snow peas**. 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.\*\* Remove the pan from heat. Stir in **½ tbsp plum sauce** (dbl 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 the **green onions** over top.

## 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.