



Smart Korean-Inspired Pork Bowls

with Sesame Roasted Veggie Jumble and Gochujang Mayo

Carb Smart

Calorie Smart

Spicy

30 Minutes



Ground Pork



Gochujang



Soy Sauce



Sesame Oil



Russet Potato



Green Onion



Sweet Bell Pepper



Zucchini



Moo Shu Spice Blend



Mayonnaise



Garlic Salt

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

2 Baking sheets, measuring spoons, small bowl, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Gochujang 🌶️	2 tbsp	4 tbsp
Soy Sauce	½ tbsp	1 tbsp
Sesame Oil	1 tbsp	2 tbsp
Russet Potato	230 g	460 g
Green Onion	2	4
Sweet Bell Pepper	160 g	320 g
Zucchini	400 g	800 g
Moo Shu Spice Blend	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Garlic Salt	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

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.

Contact

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Roast potatoes

- Cut **potatoes** into ½-inch pieces.
- Add **potatoes** and **half the sesame oil** to an unlined baking sheet. Season with **pepper** and **half the garlic salt**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 24-26 min.



Make gochujang mayo

- Meanwhile, add **mayo** and **gochujang** to a small bowl.
- Season with **salt** and **pepper**, to taste, then stir to combine.



Prep

- Meanwhile, halve **zucchinis** lengthwise, then cut into ½-inch half-moons.
- Core, then cut **pepper** into 1-inch pieces.
- Thinly slice **green onions**, keeping white and green parts separate.



Cook pork

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tsp oil** (dbl for 4 ppl), then **pork**. Cook, breaking up **pork** into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard **all but ½ tbsp fat** (dbl for 4 ppl) from the pan.
- Add **Moo Shu Spice Blend**, **soy sauce** and **green onion whites** to the pan, then stir to combine. (**TIP:** Add ¼ tsp sugar [½ tsp sugar for 4 ppl], if desired!)
- Season with **pepper**, to taste.



Roast veggies

- Add **peppers**, **zucchini** and **remaining sesame oil** to another unlined baking sheet. Season with **pepper** and **remaining garlic salt**, then toss to combine.
- Roast in the **top** of the oven, stirring halfway through, until tender-crisp, 18-20 min.



Finish and serve

- Transfer **potatoes** to the baking sheet with **veggies**, then toss to combine.
- Divide **veggies** between bowls. Top with **pork**.
- Dollop **gochujang mayo** over top.
- Sprinkle with **remaining green onions**.

Dinner Solved!