



Smart Pork Spring Roll Bowls

with Green Onions

Carb Smart

Calorie Smart

Quick

25 Minutes



Ground Pork



Garlic, cloves



Soy Sauce



Moo Shu Spice Blend



Ginger



Green Onion



Coleslaw Cabbage Mix



Sesame Oil



Spring Mix



Mirepoix

HELLO MOO SHU SPICE BLEND

This zesty blend will punch up the flavour of pork!

Start here

Before starting, wash and dry all produce.

Bust out

Medium bowl, measuring spoons, large bowl, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Garlic, cloves	3	6
Soy Sauce	2 tbsp	4 tbsp
Moo Shu Spice Blend	1 tbsp	2 tbsp
Ginger	15 g	30 g
Green Onion	2	4
Coleslaw Cabbage Mix	170 g	340 g
Sesame Oil	1 tbsp	2 tbsp
Spring Mix	113 g	227 g
Mirepoix	113 g	227 g
Oil*		
Salt and Pepper*		

* Pantry items

** Cook pork and eggs 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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Prep

- Peel, then mince or grate **garlic**.
- Peel, then mince or grate **½ tbsp ginger** (dbl for 4 ppl).
- Thinly slice **green onions**, keeping white and green parts separate.



Finish pork mixture

- Add **coleslaw cabbage mix** to the pan with **pork**.
- Cook, stirring frequently, until **coleslaw cabbage mix** is tender-crisp, 2-3 min.
- Stir in **sauce**. Cook, stirring occasionally, until **sauce** thickens slightly, 3-5 min.



Make sauce

- Add **garlic, ginger, soy sauce, sesame oil, green onion whites** and **1 tbsp water** (dbl for 4 ppl) to a medium bowl. Season with **pepper**, then stir to combine.



Finish and serve

- Meanwhile, toss **spring mix** with **1 tbsp oil** (dbl for 4 ppl) in a large bowl. Season with **salt** and **pepper**, to taste.
- Divide **spring mix** between bowls. Top with **pork mixture**.
- Sprinkle **remaining green onions** over top.
- Top with a **fried egg**, if using.



Start pork mixture

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **pork** and **mirepoix**. Cook, breaking up **pork** into smaller pieces, until no pink remains, 4-5 min. **
- Carefully drain and discard excess fat.
- Season with **Moo Shu Spice Blend, salt** and **pepper**.



Got eggs?

- In step 4, while **pork** finishes cooking, heat a medium non-stick pan over medium-low heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl). Crack in **2 eggs** (dbl for 4 ppl). Season with **salt** and **pepper**.
- Cover and pan-fry until **egg whites** have set, 2-3 min. ** (**NOTE:** The yolks will still be runny.)

Dinner Solved!