

Carb Smart Spinach and Feta Pork Patties

with Lemony Tomato-Pepper Salad

Smart Meal

20 Minutes







500 g | 1000 g



Ground Pork



250 g | 500 g



Pepper



1 | 2

Baby Tomatoes 113 g | 227 g











56 g | 113 g



1 tbsp | 2 tbsp



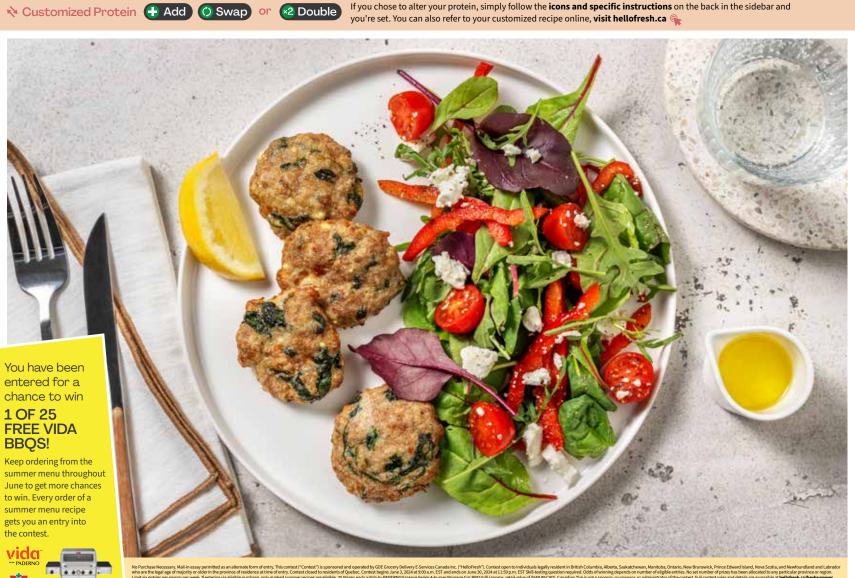


1 | 1



Garlic, cloves

Spring Mix 56 g | 113 g



Allengens 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. Cooking utensils | Large bowl, large non-stick pan, measuring spoons, medium bowl, paper towels, whisk, zester



Cook spinach

- Before starting, wash and dry all produce.
- Finely chop spinach.
- Heat a large non-stick pan over medium heat.
- When hot, add **spinach** to the dry pan. Cook, stirring often, until wilted.
- Transfer to a paper towel-lined plate to cool slightly.



Prep

- While spinach cools, core, then cut pepper into ¼-inch slices.
- Halve tomatoes.
- Zest, then juice half the lemon (whole lemon for 4 ppl). Cut any remaining lemon into wedges.
- Peel, then mince or grate garlic.



Form patties

O Swap | Ground Beef

🗘 Swap | Beyond Meat®

😢 Double | Ground Beef

- Add breadcrumbs, cooked spinach, Lemon-Pepper Seasoning, lemon zest, garlic and half the feta to a medium bowl.
- Add **pork**, then combine. (TIP: If you prefer more tender patties, add an egg to mixture.)
- Form mixture into eight 2-inch-wide patties (16 patties for 4 ppl).



Cook patties

- Reheat the same pan (from step 1) over medium.
- When the pan is hot, add ½ tbsp oil, then patties. (NOTE: For 4 ppl, cook patties in 2 batches, using ½ tbsp oil per batch.)
- Pan-fry until cooked through, 3-4 min per side.**
- Transfer to a plate, then cover to keep warm.



Make salad

- Meanwhile, add lemon juice and 1 tbsp (2 tbsp) oil to a large bowl. Season with salt and **pepper**, then whisk to combine.
- Add tomatoes, peppers, spring mix and remaining feta, then toss to combine.



Finish and serve

- Divide pork patties and lemony tomatopepper salad between plates.
- Squeeze a **lemon wedge** over top, if desired.

Measurements within steps

1 tbsp

oil

Ingredient

3 | Form patties

O Swap | Ground Beef

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

3 | Form Beyond Meat® patties

O Swap | Beyond Meat®

If you've opted to get **Beyond Meat**®, prepare, cook and plate it the same way the recipe instructs you to prepare, cook and plate the pork.** Disregard tip to add an egg to the mixture.

3 | Form patties

2 Double | Ground Beef

If you've opted for **double beef,** use a large bowl to mix patties. Add an extra 1/4 tsp (½ tsp) salt to the mixture. (TIP: For 4 ppl, if you prefer a more tender meatball, add 2 eggs to the mixture.) Form into 16 (32) 2-inch-wide patties. Cook it in the same way the recipe instructs you to cook the pork.**