



Carb Smart Spinach and Feta Pork Patties

with Lemony Tomato-Pepper Salad

Smart Meal 20 Minutes



Swap	Swap	Double
Ground Beef 250 g 500 g	Beyond Meat® 2 4	Ground Beef 500 g 1000 g

Customized Protein Add Swap or Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://hellofresh.ca)



Ground Pork 250 g 500 g	Italian Breadcrumbs 4 tbsp 8 tbsp
Sweet Bell Pepper 1 2	Baby Tomatoes 113 g 227 g
Baby Spinach 56 g 113 g	Feta Cheese, crumbled ½ cup 1 cup
Lemon-Pepper Seasoning 1 tbsp 2 tbsp	Garlic, cloves 1 2
Lemon 1 1	Spring Mix 56 g 113 g

You have been entered for a chance to win **1 OF 25 FREE VIDA BBQS!**

Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.

No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Services Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest closed to residents of Quebec. Contest begins June 5, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST. Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Vida by PADerno Essence Series 4-burner Propane Gas BBQ Grill (approx. retail value of \$245.99 CAD). Canadian Tire is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at hellofresh.ca/freshsummer.

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.

Ingredient quantities 56 g | 113 g
2 person | 4 person

Pantry items | Salt, oil, pepper

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

1



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.

2



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**.

3



Form patties

🔄 Swap | Ground Beef

🔄 Swap | Beyond Meat®

×2 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).

4



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.

5



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.

6



Finish and serve

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

Measurements within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

3 | Form patties

🔄 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

🔄 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 ¼ **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****

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