

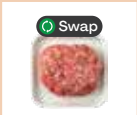


Smart Pork and Apple Patties

with Fresh Salad and BBQ-Mustard Dressing

Smart Meal

30 Minutes



Ground Beef
250 g | 500 g

Customized Protein **+** Add **↻** Swap or ***2** 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](https://www.hellofresh.ca)



- Ground Pork
250 g | 500 g
- Panko Breadcrumbs
1/2 cup | 3/4 cup
- Gala Apple
1 | 2
- Spring Mix
113 g | 227 g
- Baby Tomatoes
113 g | 227 g
- Mini Cucumber
1 | 2
- Shallot
1 | 2
- White Cheddar Cheese, shredded
1/4 cup | 1/2 cup
- BBQ Sauce
2 tbsp | 4 tbsp
- White Wine Vinegar
2 tbsp | 4 tbsp
- Whole Grain Mustard
1 tbsp | 2 tbsp

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.

Pantry items | Sugar, oil, salt, pepper

Cooking utensils | Box grater, 2 large bowls, large non-stick pan, measuring spoons, 2 medium bowls, 2 small bowls, small pot, whisk

1



Make pickled shallots

- Before starting, wash and dry all produce.

- Peel, then cut **shallot** into 1/8-inch slices.
- Add **shallots**, **1 1/2 tbsp** (3 tbsp) **vinegar**, **2 tbsp** (4 tbsp) **water** and **2 tsp** (4 tsp) **sugar** to a small pot. Season with **salt**. Bring to a simmer over medium-high heat.
- Once simmering, cook, stirring often, until **sugar** dissolves, 1-2 min.
- Remove from heat. Transfer **shallots**, including **pickling liquid**, to a medium bowl. Place in the fridge to cool.

4



Cook patties

- Heat a large non-stick pan over medium.
- When hot, add **1/2 tbsp** (1 tbsp) **oil**, then **patties**. Cook until golden-brown all over and cooked through, 3-4 min per side.**
- Remove from heat.
- Transfer **patties** to a plate.

2



Prep

- Meanwhile, halve **tomatoes**.
- Thinly slice **cucumber**.
- Core **apple**. Coarsely grate **half the apple**. Cut **remaining apple** into 1/2-inch pieces.

5



Make dressing

- Meanwhile, combine **half the BBQ sauce** (use all for 4 ppl), **remaining vinegar** and **remaining mustard** in another small bowl. Season with **pepper**.

3



Form patties

Swap | **Ground Beef**

- Add **pork**, **panko**, **grated apple** and **half the mustard** to another medium bowl. Season with **pepper** and **1/8 tsp** (1/4 tsp) **salt**, then combine.
- Divide **mixture** into **6 equal portions** (12 for 4 ppl).
- Roll **portions** into **balls**, then flatten into **1/2-inch-thick patties**. (**NOTE**: Your mixture may be sticky. Lightly wet your hands to make it easier to form patties.)

6



Finish and serve

- Drain **pickled shallots** over another large bowl, reserving **1 tbsp** (2 tbsp) **pickling liquid**. Discard any remaining pickling liquid.
- Add **1 tbsp** (2 tbsp) **oil** to the bowl with **pickling liquid**, then whisk to combine.
- Add **diced apples**, **tomatoes**, **cucumbers**, **spring mix** and **pickled shallots** to the bowl, then toss to coat.
- Divide **salad** between plates. Top with **patties**.
- Drizzle with **BBQ-mustard dressing**.
- Sprinkle **cheese** over top.

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**, prep and cook it in the same way the recipe instructs you to prep and cook the **pork**.**

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