



Smart White Cheddar Pork Patties

with Roasted Squash and Sweet Peas

Smart Meal

25 Minutes

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](http://www.hellofresh.ca)



Ground Turkey
250 g | 500 g

Beyond Meat®
2 | 4



Ground Pork
250 g | 500 g



White Cheddar Cheese, shredded
½ cup | 1 cup



Crispy Shallots
28 g | 56 g



Sugar Snap Peas
113 g | 227 g



Butternut Squash, cubes
340 g | 680 g



Garlic Salt
1 tsp | 2 tsp



Red Onion
1 | 2

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 | Oil, pepper

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring spoons, parchment paper, small bowl

1



Prep

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Trim **snap peas**.
- Peel, then cut **onion** into ½-inch pieces. Finely chop **2 tbsp** (4 tbsp) **onion**.
- Add **snap peas**, **1 tsp** (2 tsp) **oil**, **¼ tsp** (½ tsp) **garlic salt** and **pepper** to a small bowl, then toss to combine. Set aside.

2



Roast veggies

- Add **squash**, **½-inch onion pieces** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **¼ tsp** (½ tsp) **garlic salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven until **veggies** begin to soften, 10-12 min.
- Toss **squash**, then add **snap peas** to the baking sheet. Return to the oven and roast until **veggies** are tender, 10-12 mins.

3



Make patties

- [Swap](#) | [Ground Turkey](#)
- [Swap](#) | [Beyond Meat®](#)
- Meanwhile, add **pork**, **finely chopped onion** and **half the crispy shallots** to a large bowl. Season with **½ tsp** (1 tsp) **garlic salt** and **⅓ tsp** (¼ tsp) **pepper**, then combine.
- Form **pork mixture** into **6** (12) **½-inch-thick patties**.

4



Cook patties

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **patties** to the dry pan. Cook on one side until golden-brown, 3-4 min.
- Flip **patties**, then top with **cheese**. Cover and cook until **patties** are cooked through and **cheese** is melted, 3-4 min. ******

5



Finish and serve

- Sprinkle **remaining crispy shallots** over **cheesy patties**. (**TIP**: Press lightly to stick!)
- Divide **veggies** and **patties** between plates.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Make patties

[Swap](#) | [Ground Turkey](#)

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

3 | Make Beyond Meat® patties

[Swap](#) | [Beyond Meat®](#)

If you've opted to get **Beyond Meat®**, prep and cook the same way the recipe instructs you to prep and cook **pork**.******

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