

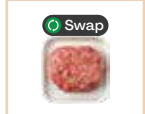


Cal Smart Herby Pork Patties

with DIY Red Pepper Sauce and Spinach Couscous

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



Couscous
½ cup | 1 cup



Eggplant
½ | 1



Baby Spinach
28 g | 56 g



Garlic, cloves
3 | 6



Greek Pesto
¼ cup | ½ cup



Roasted Pepper
Pesto
¼ cup | 1 cup



Italian
Breadcrumbs
2 tbsp | 4 tbsp



Mediterranean
Spice Blend
1 tbsp | 2 tbsp



Lemon
1 | 1

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, salt, pepper

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

1



Prep and roast eggplant

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- **Garlic Guide for Step 5:**
 - Mild: ½ tsp (¼ tsp)
 - Medium: ¼ tsp (½ tsp)
 - Extra: ½ tsp (1 tsp)

- Peel, then cut **half the eggplant** (whole eggplant for 4 ppl) into ½-inch pieces.
- Add **eggplant, half the Mediterranean Spice Blend** and **half the Greek pesto** to a parchment-lined baking sheet. Season with **pepper**, then toss to coat.
- Roast in the **middle** of the oven until tender and golden-brown, 10-12 min.

2



Finish prep and form patties

[Swap](#) | **Ground Beef**

- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Roughly chop **spinach**.
- Finely grate **garlic**.
- Combine **breadcrumbs, half the garlic, remaining Greek pesto** and **remaining Mediterranean Spice Blend** in a large bowl.
- Crumble in **pork**, then season with **pepper**. Stir to recombine.
- Form **mixture** into **eight 2-inch-wide patties** (16 patties for 4 ppl).

3



Cook patties

- Heat a large non-stick pan over medium heat.
- When the pan is hot, add **2 tsp oil**, then **patties**. (**NOTE:** For 4 ppl, pan-fry patties in two batches, using 2 tsp oil per batch.)
- Pan-fry **patties** until golden-brown and cooked through, 3-4 min per side.**

4



Cook couscous

- Meanwhile, add ⅔ **cup** (1 ⅓ cups) **water** and ¼ **tsp** (½ tsp) **salt** to a small pot. Cover and bring to a boil over high.
- Remove from heat, then stir in **couscous** and **spinach**. Cover and set aside, 5 min.
- Fluff with a fork, then stir in **lemon zest** and **1 tsp** (2 tsp) **lemon juice**.

5



Make DIY red pepper sauce

- When **eggplant** is done, transfer to a medium bowl. Mash with a fork until a coarse paste forms.
- Add **roasted pepper pesto, 1 tsp** (2 tsp) **lemon juice** and ¼ **tsp** (½ tsp) **remaining garlic**. (**NOTE:** Reference garlic guide.)
- Season with **salt** and **pepper**, then stir to combine.

6



Finish and serve

- Divide **couscous** between bowls.
- Top with **patties** and **sauce**.

Measurements
within steps

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

2 | Finish prep and 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****.

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



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