



Carb Smart Spinach and Feta Pork Patties

with Lemony Tomato-Pepper Salad

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



Ground Beef
250 g | 500 g



Plant-Based
Ground Protein
250 g | 500 g



Ground Pork
250 g | 500 g



Italian
Breadcrumbs
1/4 cup | 1/2 cup



Sweet Bell
Pepper
1 | 2



Baby Tomatoes
113 g | 227 g



Baby Spinach
113 g | 226 g



Feta Cheese,
crumbled
1/2 cup | 1 cup



Lemon-Pepper
Seasoning
1 tbsp | 2 tbsp



Garlic, cloves
1 | 2



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 | Medium bowl, measuring spoons, zester, large bowl, whisk, large non-stick pan, paper towels

1



Cook spinach

• Before starting, wash and dry all produce.

- Finely chop **half the spinach**.
- Heat a large non-stick pan over medium heat.
- When hot, add **chopped 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 | **Plant-Based Protein**

- 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, remaining feta** and **remaining spinach**, 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 beef 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 plant-based patties

🔄 Swap | **Plant-Based Protein**

If you've opted to get **plant-based ground protein**, prepare, cook and plate it the same way as the recipe instructs you to prepare, cook and plate the **pork**.**

** Cook pork, beef and plant-based ground protein to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.