

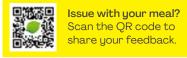
Smart Cheddar Pork Patties

with Maple-BBQ Sauce and Fresh Salad

Calorie Smart

Carb Smart

30 Minutes





















Cheddar Cheese, shredded

Maple Syrup







BBQ Sauce Italian Breadcrumbs





Red Wine Vinegar

Salad Topping Mix



Start here

Before starting, wash and dry all produce.

Measurements , 1 tbsp , (2 tbsp), within steps

oil Ingredient

Bust out

Medium bowl, measuring spoons, strainer, large bowl, small bowl, large non-stick pan

Inaredients

9		
	2 Person	4 Person
Ground Pork	250 g	500 g
Spring Mix	113 g	227 g
Gala Apple	1	2
Mini Cucumber	66 g	132 g
Cheddar Cheese, shredded	½ cup	1 cup
Maple Syrup	2 tbsp	4 tbsp
BBQ Sauce	2 tbsp	4 tbsp
Italian Breadcrumbs	2 tbsp	4 tbsp
Red Wine Vinegar	1 tbsp	2 tbsp
Salad Topping Mix	28 g	56 g
Oil*		
Salt and Pepper*		

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

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.



Prep

- Core apple. Coarsely grate half the apple. Cut **remaining apple** into ¼-inch pieces.
- Transfer grated apple to a strainer. Using your hands, squeeze out any liquid. Set aside.
- Thinly slice cucumber.
- Combine half the maple syrup and half the BBQ sauce (use all for 4 ppl) in a small bowl.



Prep patties

- Add ground pork, breadcrumbs, grated apple and ¼ tsp (½ tsp) salt to a medium bowl. Season with pepper, then mix to combine.
- Form into four 3-inch-wide patties (8 patties for 4 ppl).



- · Heat a large non-stick pan over mediumhigh heat.
- When hot, add patties to the dry pan, keeping patties close together. Cook, until golden-brown, 3-4 min.
- Flip **patties**, then reduce heat to medium. Add 2 tbsp (4 tbsp) water around patties.
- Spoon maple-BBQ sauce mixture over patties. Sprinkle cheese over patties. Cover with a lid and cook until **cheese** is melted and patties are cooked through, 3-4 min.**



Make salad

- Add vinegar, remaining maple syrup and 1/2 tbsp (1 tbsp) oil to a large bowl. Season with salt and pepper, then stir to mix.
- Add remaining apples, cucumbers and spring mix. Toss to coat.



• Divide salad and patties between plates.

- Sprinkle half the salad topping mix (use all
- for 4 ppl) over salad.

Dinner Solved!

