



Smart Cheddar Pork Patties

with Maple-BBQ Sauce and Fresh Salad

Calorie Smart

Carb Smart

30 Minutes



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Ground Pork



Spring Mix



Gala Apple



Mini Cucumber



Cheddar Cheese,
shredded



Maple Syrup



BBQ Sauce



Italian Breadcrumbs



Red Wine Vinegar



Salad Topping Mix

HELLO MAPLE SYRUP

Maple syrup highlights the natural sweetness of the apples in this dish!

Start here

Before starting, wash and dry all produce.

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

Bust out

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

Ingredients

	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.



Make salad

- Add **vinegar**, **remaining maple syrup** and **½ 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.



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).



Finish and serve

- Divide **salad** and **patties** between plates.
- Sprinkle **half the salad topping mix** (use all for 4 ppl) over **salad**.



Cook patties

- Heat a large non-stick pan over medium-high 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. **

Dinner Solved!



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