

# Smart Pork and Cheddar Patties

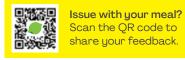
with Maple-BBQ Sauce and Fresh Salad

Carb Smart

Calorie Smart

Quick

25 Minutes









**Ground Pork** 









Spring Mix











Maple Syrup





Cheddar Cheese, shredded

Italian Breadcrumbs Red Wine Vinegar



Salad Topping Mix



instructions on the back of this card and you're set. Happy cooking!

# Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps Ingredient

#### **Bust out**

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

# Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Double Ground Pork	500 g	1000 g
Spring Mix	113 g	227 g
Gala Apple	1	2
Radish	3	6
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 1/4-inch pieces.
- Transfer grated apple to a strainer. Using your hands, squeeze out any liquid. Set grated apple aside.
- Thinly slice radishes.
- 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 1/4 tsp (1/2 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).

If you've opted for **double pork**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **pork**. Work in batches, if necessary.



## Cook patties

- · Heat a large non-stick pan over mediumhigh heat.
- When hot, add **patties** to the dry pan, keeping them 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

- Meanwhile, 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 radishes, spring mix and remaining apples. Toss to coat.



### Finish and serve

- Divide fresh salad and pork-cheddar patties between plates.
- Sprinkle salad topping mix over salad.

**Dinner Solved!** 

