

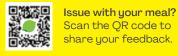
# Smart Southwest-Style Mini Pork **Patty Bowls**

with Black Bean and Charred Corn Salad

Calorie Smart

Carb Smart

30 Minutes







Southwest Spice





Lime

Cilantro





**Baby Tomatoes** 

Corn Kernels





Black Beans

Sweet Bell Pepper





Mini Cucumber





Garlic, cloves



Sour Cream



## Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

4 person Ingredient

oil

#### Garlic Guide for Step 4:

- Mild: ½ tsp (½ tsp)
- Medium: ¼ tsp (½ tsp)
- Extra: ½ tsp (1 tsp)

#### **Bust out**

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

## **Inaredients**

	2 Person	4 Person
Ground Pork	250 g	500 g
Southwest Spice Blend	1 tbsp	2 tbsp
Cilantro	7 g	14 g
Lime	1	2
Baby Tomatoes	113 g	227 g
Corn Kernels	113 g	227 g
Black Beans	185 ml	370 ml
Sweet Bell Pepper	160 g	320 g
Mini Cucumber	66 g	132 g
Feta Cheese, crumbled	⅓ cup	½ cup
Garlic, cloves	2	4
Sour Cream	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

- \*\* 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.





- · Heat a large non-stick pan over mediumhigh heat.
- While the pan heats, pat corn dry with paper towels.
- When the pan is hot, add **corn** to the dry pan. Char corn, stirring occasionally, until dark brown spots appear, 4-5 min.
- Transfer corn to a plate.



### Prep

- Meanwhile, peel, then mince or grate garlic.
- Core, then cut **pepper** into ½-inch pieces.
- Zest, then juice lime.
- Thinly slice **cilantro stems**, then roughly chop cilantro leaves, keeping stems and leaves separate.
- Quarter **cucumber** lengthwise, then cut **cucumber** into ½-inch quarter-moons.
- Halve tomatoes.
- Using a strainer, drain and rinse **black** beans.



## Prep patties

- Add half the black beans (use all for 4 ppl) to a large bowl.
- Add 2 tbsp (4 tbsp) black beans from the large bowl to a medium bowl. Mash beans with a fork until mostly smooth.
- Add pork, cilantro stems, ½ tsp (1 tsp) garlic, 2 tsp (4 tsp) Southwest Spice Blend and 1/8 tsp (1/2 tsp) salt to the medium bowl with mashed black beans. Season with **pepper**, then combine.
- Form **mixture** into six ½-inch-thick patties (12 patties for 4 ppl).



## Cook patties and make lime crema

- When **corn** is done, return the same pan (from step 1) to medium-high.
- When hot, add 2 tsp (4 tsp) oil to the pan, then patties. Cook, flipping halfway through, until golden-brown and cooked through, 3-4 min per side.\*\*
- Meanwhile, add sour cream, lime zest, 1 tsp (2 tsp) lime juice and 1/4 tsp garlic to a small bowl. (NOTE: Reference garlic guide.) Season with salt and pepper, to taste, then stir to combine. (TIP: Add 1/4 tsp sugar if crema is too tart.)



#### Finish salad

 Add cucumbers, peppers, tomatoes, corn, cilantro leaves, remaining garlic and remaining Southwest Spice Blend to the large bowl with **black beans**. Drizzle remaining lime juice and 2 tsp (4 tsp) oil over bowl. Season with 1/2 tsp (1 tsp) salt and **pepper**, to taste, then toss to combine.



## Finish and serve

- Divide bean salad between bowls. Sprinkle with feta.
- Top bowls with **mini patties**, then dollop lime crema over top.

# **Dinner Solved!**