



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)

 Swap	 Swap
	
Ground Turkey 250 g 500 g	Plant-Based Ground Protein 250 g 500 g



	
Ground Pork 250 g 500 g	Italian Breadcrumbs ¼ cup ½ cup
	
Sweet Bell Pepper 1 2	Baby Tomatoes 113 g 227 g
	
Baby Spinach 113 g 226 g	Feta Cheese, crumbled ½ 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 **remaining lemon** into wedges.
- Peel, then mince or grate **garlic**.

3



Form patties

🔄 Swap | [Ground Turkey](#)

🔄 Swap | [Plant-Based Ground 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 patties

🔄 Swap | [Ground Turkey](#)

If you've opted to get **turkey**, prepare and cook in the same way the recipe instructs you to prepare the **pork**. Disregard tip to add an egg to mixture.**

3 | Form plant-based ground protein patties

🔄 Swap | [Plant-Based Ground Protein](#)

If you've opted to get **plant-based ground protein**, prepare, cook and plate it the same way as the **pork**, until cooked through.** Disregard tip to add an egg to mixture.

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



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