



# Carb Smart Spinach and Feta Pork Patties

with Lemony Tomato-Pepper Salad

Carb Smart

Spicy

30 Minutes



Ground Pork



Italian Breadcrumbs



Sweet Bell Pepper



Baby Tomatoes



Baby Spinach



Feta Cheese,  
crumbled



Lemon-Pepper  
Seasoning



Garlic, cloves



Lemon



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HELLO FETA CHEESE

*A salty, briny cheese with a crumbly texture!*

## Start here

Before starting, wash and dry all produce.

### Bust out

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

### Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Italian Breadcrumbs	¼ cup	½ cup
Sweet Bell Pepper	160 g	320 g
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
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.*

1



### Cook spinach

- 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 **spinach** wilts.
- Transfer to a paper towel-lined plate to cool slightly.

2



### Prep

- While **spinach** cools slightly, core, then cut **pepper** into ¼-inch slices.
- Halve **tomatoes**.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Peel, then mince or grate **garlic**.

3



### Form patties

- 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 firmer patties, add an egg to the mixture!)
- Form **pork mixture** into **eight 2-inch-wide patties** (16 patties for 4 ppl).

4



### Cook patties

- Heat the same pan (from step 1) over medium.
- When 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 **patties** to a plate, then cover to keep warm.

5



### Make salad

- Meanwhile, add **lemon juice** and **1 tbsp oil** (dbl for 4 ppl) 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 **patties** and **salad** between plates.
- Squeeze a **lemon wedge** over top, if desired.

## Dinner Solved!

### Contact

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