



Carb Smart Spinach and Feta Pork Patties

with Lemony Tomato-Pepper Salad

Carb Smart

Spicy

30 Minutes



Ground Pork



Italian Breadcrumbs



Sweet Bell Pepper



Roma Tomato



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
Roma Tomato	160 g	320 g
Baby Spinach	113 g	227 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.

Contact

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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.



4 Cook patties

- Reheat 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. **** (TIP:** Reduce heat to medium-low if patties are browning too quickly.)
- Transfer **patties** to a plate, then cover to keep warm.



2 Prep

- While **spinach** cools slightly, core, then cut **pepper** into ¼-inch slices.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Peel, then mince or grate **garlic**.
- Cut **tomatoes** into ½-inch pieces.



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.



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



6 Finish and serve

- Divide **patties** and **salad** between plates.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!