



# Pork and Parmesan Patties

with Sweet Potato Mash and Green Beans

Family Friendly

30 Minutes



Ground Pork



Garlic



Rosemary



Sweet Potato



Green Beans



Italian Breadcrumbs



Parmesan Cheese



Chicken Broth Concentrate



Onion, sliced



All-Purpose Flour

## HELLO PORK PATTIES

*These flavourful pork patties take just minutes to assemble*

## Start here

Before starting, wash and dry all produce.

## Bust Out

Medium bowl, vegetable peeler, colander, measuring spoons, potato masher, strainer, medium pot, measuring cups, whisk, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Garlic	6 g	12 g
Rosemary	1 sprig	2 sprig
Sweet Potato	340 g	680 g
Green Beans	170 g	340 g
Italian Breadcrumbs	2 tbsp	4 tbsp
Parmesan Cheese	¼ cup	½ cup
Chicken Broth Concentrate	1	2
Onion, sliced	56 g	113 g
All-Purpose Flour	1 tbsp	2 tbsp
Unsalted Butter*	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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

Share your photos #HelloFreshLife  
Call or email us | (855) 272-7002  
hello@hellofresh.ca  
HelloFresh.ca



## Cook sweet potatoes

Peel, then cut **sweet potatoes** into ½-inch pieces. Combine **sweet potatoes**, **2 tsp salt** and enough **water** to cover (approx. 1 inch) in a medium pot. (**NOTE:** Use same for 4 ppl.) Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, stirring occasionally, until fork-tender, 10-12 min.



## Cook green beans

Heat the same pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **green beans**. Cover and cook, stirring once halfway through cooking, until dark golden-brown, 5-6 min. Season with **salt** and **pepper**. Transfer to the plate with **patties** and cover to keep warm.



## Make patties

While **sweet potatoes** cook, finely chop **2 tsp rosemary leaves** (dbl for 4 ppl). Trim **green beans**. Peel, then mince or grate **garlic**. Combine **pork**, **garlic**, **Parmesan**, **half the rosemary**, **breadcrumbs** and **¼ tsp salt** (dbl for 4 ppl) in a medium bowl. Season with **pepper**. Divide **pork mixture** into **8 equal portions** (16 for 4 ppl). Roll into balls, then flatten into ½-inch thick **patties**.



## Make gravy

Heat the same pan over medium-high heat and add **1 tbsp oil** (dbl for 4 ppl), then **onions** and **remaining rosemary**. Cook, stirring often, until **onions** soften, 2-3 min. Reduce heat to medium. Add **1 tbsp butter** (dbl for 4 ppl) and sprinkle over **flour**. Cook stirring often, until a thick paste forms. Whisk in **¾ cup water** (dbl for 4 ppl) and **broth concentrate**. Cook, stirring often, until **gravy** thickens, 3-4 min.



## Cook patties

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then the **patties**. (**NOTE:** Don't overcrowd the pan; cook in 2 batches for 4 ppl, using 1 tbsp oil for each batch!) Cook, until golden-brown and cooked through, 3-5 min per side. **\*\*** Transfer **patties** to a plate and cover to keep warm. Remove the pan from heat and carefully wipe clean.



## Finish and serve

Drain **sweet potatoes** and return to the same pot, off heat. Using a masher, mash **2 tbsp butter** (dbl for 4 ppl) into **potatoes** until smooth. Season with **salt** and **pepper**. Divide **green beans**, **patties** and **sweet potato mash** between plates. Drizzle **gravy** over top.

## Dinner Solved!