



Pork and Parmesan Patties

with Sweet Potato Wedges and Green Beans

Family Friendly

30 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Ground Pork



Sweet Potato



Rosemary



Garlic



Parmesan Cheese, shredded



All-Purpose Flour



Minced Turkey



Green Beans



Yellow Onion



Italian Breadcrumbs



Chicken Broth Concentrate

HELLO ROSEMARY

This woody herb packs a fragrant and savoury punch!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, medium bowl, measuring spoons, potato masher, parchment paper, measuring cups, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Minced Turkey	250 g	500 g
Sweet Potato	340 g	680 g
Green Beans	170 g	340 g
Rosemary	1 sprig	2 sprigs
Yellow Onion	56 g	113 g
Garlic	3 g	6 g
Italian Breadcrumbs	2 tbsp	4 tbsp
Parmesan Cheese, shredded	¼ cup	½ cup
Chicken Broth Concentrate	1	2
All-Purpose Flour	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
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.

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Roast sweet potatoes

Cut **sweet potatoes** into ½-inch wedges. Add **sweet potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. Season with **salt and pepper**, then toss coat. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with 1 tbsp oil per sheet.) Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-24 min. (**NOTE:** For 4 ppl, roast in the middle and the top of the oven, rotating sheets halfway through.)



Cook green beans

Reheat the same large non-stick pan over medium-high. When hot, add **green beans** and **3 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until tender-crisp, 4-5 min. Add **1 tbsp oil** (dbl for 4 ppl). Cook, stirring often, until fragrant, 1 min. Season with **salt and pepper**.



Prep

While **sweet potatoes** roast, strip **rosemary leaves** from stem, then finely chop. Trim **green beans**. Peel, then cut **half the onion** into ¼-inch pieces (use whole onion for 4 ppl). Peel, then mince or grate **garlic**. Add **pork, garlic, Parmesan, breadcrumbs, half the rosemary** and **¼ tsp salt** (dbl for 4 ppl) to a medium bowl. Season with **pepper**, then combine. Divide **pork mixture** into **8 equal portions** (16 for 4 ppl). Roll into balls, then flatten into ½-inch-thick **patties**.

CUSTOM RECIPE

If you've opted to get **turkey**, prepare and cook it in the same way the recipe instructs you to prepare and cook **pork**.



Make gravy

Heat the same pan over medium-high. When hot, 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 **patties**. (**NOTE:** Don't overcrowd the pan; cook in 2 batches for 4 ppl, using 1 tbsp oil per 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

Divide **patties, green beans** and **sweet potato wedges** between plates. Drizzle **gravy** over **patties**.

Dinner Solved!