



FEB  
2017

## Jalapeño Cornbread Pie

with Pork and Collard Greens

Collard greens and cornbread are staples in American South cuisine. We've combined both to make a cornbread pie (and we've spiked it with jalapeño for some oomph!). Cornbread layered over a skillet of juicy pork, collards, and corn kernels? You'll be licking this pan clean!



Ground Pork



Cornbread Mix



Corn Kernels



Collard Greens



Garlic



Chicken Broth Concentrate



Onion



Jalapeño



Sour Cream



White Wine Vinegar



Flour

## Ingredients

	2 People	4 People	*Not Included
Ground Pork	1 pkg (250 g)	2 pkg (500 g)	
Cornbread Mix	1 pkg (1 cup)	2 pkg (2 cups)	<b>Allergens</b>
Corn Kernels	1 pkg (¾ cup)	2 pkg (1½ cup)	<b>1) Wheat/Blé</b>
Collard Greens, shredded	1 pkg (170 g)	2 pkg (340 g)	<b>2) Milk/Lait</b>
Garlic	1 pkg (10 g)	2 pkg (20 g)	<b>3) Sulphites/Sulfites</b>
Chicken Broth Concentrate	2 pkg	4 pkg	
Onion, chopped	1 pkg (113 g)	2 pkg (227 g)	
Jalapeño 🌶️	1	2	<b>Tools</b>
Sour Cream <b>2)</b>	½ pkg (1½ tbsp)	1 pkg (3 tbsp)	Medium Oven-Proof Pan,
White Wine Vinegar <b>3)</b>	⅓ pkg (2 tsp)	⅔ pkg (4 tsp)	Measuring Cups, Measuring
All-Purpose Flour <b>1)</b>	1 pkg (1 tbsp)	2 pkg (2 tbsp)	Spoons, Medium Bowl
Olive or Canola Oil*			

Ruler

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**Nutrition per person** Calories: 797 cal | Fat: 33 g | Protein: 32 g | Carbs: 97 g | Fibre: 11 g | Sodium: 1117 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*



**1 Preheat the oven to 400°F (to bake the cornbread pie). Start prepping when the oven comes up to temperature!**

**2 Prep: Wash and dry all produce.** Mince or grate the **garlic**. Mince the **jalapeño** (if using), removing the ribs and seeds if you prefer less heat.



**3 Cook the mixture:** Heat a medium oven-proof pan over medium heat. Add a drizzle of **oil**, then the **onion**. Cook, stirring occasionally, until softened, 4-5 min. Add the **garlic** and **corn**. Cook, stirring, for 1 min.

**4 Add the pork** to the pan. Cook, breaking up with a wooden spoon, until no pink remains, 4-5 min. Sprinkle the **flour** over the pork and cook 1-2 min. Add the **broth concentrates, collard greens, 2 tsp vinegar** (double for 4 people) and **1 cup water** (double for 4 people.) Cook, stirring often, until the collard greens wilt, 2-3 min. Season with **pepper**.



**5 Make the cornbread mixture:** In a medium bowl, add the **jalapeño** (if using), **cornbread mix, 1½ tbsp sour cream** (1 pkg for 4 people), **½ cup water** (double for 4 people) and **1 tbsp oil** (double for 4 people). Stir until just combined. Spread the batter over the pork mixture. Bake in the centre of the oven, until cornbread is baked through, 15-16 min. (**TIP:** If you do not have an oven-proof pan, transfer the pork mixture to a baking dish before spooning the batter over.)

**6 Finish and serve:** Scoop **cornbread pie** into bowls and enjoy!

**DID YOU KNOW?** Collard greens are from the same family as kale and mustard greens! Collards are slightly milder in taste, but

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