



PORK AND PARMESAN PATTIES

with Butternut Squash Mash and Green Beans

FAMILY



HELLO

PORK PATTIES

These flavourful meat patties take just minutes to assemble

TIME: 35 MIN



Ground Pork



Garlic



Rosemary



Butternut Squash, cubes



Green Beans



Italian Breadcrumbs



Parmesan Cheese



Chicken Broth Concentrate



Onion, sliced



All-Purpose Flour

BUST OUT

- Aluminum Foil
- Large Non-Stick Pan
- Large Pot
- Garlic Press
- Measuring Spoons
- Milk **2** (¼ cup)
- Unsalted Butter **2** (5 tbsp)
- Medium Bowl
- Potato Masher
- Strainer
- Measuring Cups
- Baking Sheet
- Whisk
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

4-person

- Ground Pork 500 g
- Garlic 12 g
- Rosemary 7 g
- Butternut Squash, cubes 680 g
- Green Beans 340 g
- Italian Breadcrumbs **1,2,4,8,9** 4 tbsp
- Parmesan Cheese **2** ½ cup
- Chicken Broth Concentrate 2
- Onion, sliced 113 g
- All-Purpose Flour **1** 2 tbsp

ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

Don't have a garlic press? Lay the garlic cloves on a chopping board, then place a chef's knife on top and press down firmly to crush. Finely chop the garlic.



1 COOK SQUASH

Wash and dry all produce.* In a large pot, combine **squash**, **1 tsp salt** and enough **water** to cover (approximately 1-2 inches). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium-high. Simmer, uncovered, until **squash** is fork-tender, 18-20 min. Meanwhile, peel, then mince or grate **garlic**. Cut stems off **beans**, if needed. Strip a **few rosemary leaves** from stems and finely chop **1 tbsp**.



4 START GRAVY

Meanwhile, when **squash** is tender, drain and return it to the same pot. Using a potato masher, mash in **3 tbsp butter** and **¼ cup milk** until smooth. Season with **salt** and **pepper**. When **patties** are done, add **onions** and **remaining rosemary** to same pan. (**NOTE:** Add 1 tbsp oil, if pan is dry!) Cook, stirring, until onions soften, 3-4 min.



2 MAKE PATTIES

In a medium bowl, combine **pork**, **Parmesan**, **breadcrumbs**, **garlic** and **half the rosemary**. Season with **pepper** and **½ tsp salt**. Divide **mixture** into **12 equal portions**. Roll them into balls, then flatten them into ½-inch thick **patties**. On a baking sheet, toss **green beans** with **2 tbsp oil**. Season with **salt** and **pepper**. Roast in the **middle** of the oven, until tender, 12-14 min.



5 FINISH GRAVY

To the pan with **onions**, add **2 tbsp butter**, then sprinkle over **flour**. Whisk together until a thick paste forms. Increase heat to medium-high. Whisk in **1 ½ cups water** and **broth concentrates**. Simmer, whisking often, until **gravy** thickens, 2-3 min. Season with **salt** and **pepper**.



3 COOK PATTIES

Meanwhile, heat a large non-stick pan over medium heat. When the pan is hot, add **1 tbsp oil**, then **half the patties**. Pan-fry, until golden-brown and cooked through, 3-5 min. (**TIP:** Cook each piece to a minimum internal temp. of 71°C/160°F, as size may vary.**) Transfer to a plate and cover with foil to keep warm. Repeat with another **1 tbsp oil** and **remaining patties**.



6 FINISH AND SERVE

Divide **beans**, **patties** and **squash mash** between plates. Drizzle over **gravy**.

SUCCESS!

Finished off with gravy, tonight's dinner is a guaranteed winner!

