



Smart Southwest-Style Mini Pork Patty Bowls

with Black Bean and Charred Corn Salad

Calorie Smart

Carb Smart

30 Minutes



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Ground Pork



Southwest Spice Blend



Cilantro



Lime



Baby Tomatoes



Corn Kernels



Black Beans



Sweet Bell Pepper



Mini Cucumber



Feta Cheese,
crumbled



Garlic, cloves



Sour Cream

HELLO FETA CHEESE

A salty, briny cheese with a crumbly texture!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

Garlic Guide for Step 4:

- Mild: 1/8 tsp (1/4 tsp)
- Medium: 1/4 tsp (1/2 tsp)
- Extra: 1/2 tsp (1 tsp)

Bust out

Medium bowl, measuring spoons, strainer, zester, large bowl, small bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Southwest Spice Blend	1 tbsp	2 tbsp
Cilantro	7 g	14 g
Lime	1	2
Baby Tomatoes	113 g	227 g
Corn Kernels	113 g	227 g
Black Beans	185 ml	370 ml
Sweet Bell Pepper	160 g	320 g
Mini Cucumber	66 g	132 g
Feta Cheese, crumbled	1/4 cup	1/2 cup
Garlic, cloves	2	4
Sour Cream	3 tbsp	6 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.

1



Char corn

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **corn** dry with paper towels.
- When the pan is hot, add **corn** to the dry pan. Char **corn**, stirring occasionally, until dark brown spots appear, 4-5 min.
- Transfer **corn** to a plate.

4



Cook patties and make lime crema

- When **corn** is done, return the same pan (from step 1) to medium-high.
- When hot, add **2 tsp** (4 tsp) **oil** to the pan, then **patties**. Cook, flipping halfway through, until golden-brown and cooked through, 3-4 min per side.**
- Meanwhile, add **sour cream, lime zest, 1 tsp** (2 tsp) **lime juice** and **1/4 tsp garlic** to a small bowl. (**NOTE:** Reference garlic guide.) Season with **salt** and **pepper**, to taste, then stir to combine. (**TIP:** Add 1/4 tsp sugar if crema is too tart.)

2



Prep

- Meanwhile, peel, then mince or grate **garlic**.
- Core, then cut **pepper** into 1/2-inch pieces.
- Zest, then juice **lime**.
- Thinly slice **cilantro stems**, then roughly chop **cilantro leaves**, keeping **stems** and **leaves** separate.
- Quarter **cucumber** lengthwise, then cut **cucumber** into 1/2-inch quarter-moons.
- Halve **tomatoes**.
- Using a strainer, drain and rinse **black beans**.

5



Finish salad

- Add **cucumbers, peppers, tomatoes, corn, cilantro leaves, remaining garlic** and **remaining Southwest Spice Blend** to the large bowl with **black beans**. Drizzle **remaining lime juice** and **2 tsp** (4 tsp) **oil** over bowl. Season with **1/2 tsp** (1 tsp) **salt** and **pepper**, to taste, then toss to combine.

3



Prep patties

- Add **half the black beans** (use all for 4 ppl) to a large bowl.
- Add **2 tbsp** (4 tbsp) **black beans** from the large bowl to a medium bowl. Mash **beans** with a fork until mostly smooth.
- Add **pork, cilantro stems, 1/2 tsp** (1 tsp) **garlic, 2 tsp** (4 tsp) **Southwest Spice Blend** and **1/8 tsp** (1/2 tsp) **salt** to the medium bowl with **mashed black beans**. Season with **pepper**, then combine.
- Form **mixture** into six 1/2-inch-thick patties (12 patties for 4 ppl).

6



Finish and serve

- Divide **bean salad** between bowls. Sprinkle with **feta**.
- Top bowls with **mini patties**, then dollop **lime crema** over top.

Dinner Solved!



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