



**HEALTHY**

## **Pork and Spinach Patties**

with Roasted Sweet Potato Wedges



30-40min



4 Portions

We love a cunning plan and that includes sliding maximum vegetable goodness into a meal wherever we darn well can. Hence the spinach in these tasty pork patties; reluctant greens eaters won't even know they're there. As if that wasn't vitamins and tastiness enough, there's a crunchy tomato-based salad and deliciously golden sweet potato wedges too. Dig in.



## What we send

### What you'll require

- balsamic vinegar <sup>17</sup>
- extra virgin olive oil
- sea salt and pepper
- spray oil

### Utensils

- baking paper
- large frypan
- large saucepan
- oven tray
- paper towel

Our vegies come fresh from the farm, so please wash them before use.

### Allergens

Sulphites (17). May contain traces of other allergens.

### Nutrition per serving

Energy 510kcal, Fat 23.4g, Carbs 34.3g, Proteins 36.0g



### 1. Make sweet potato wedges

**Read through the recipe.** Heat the oven to 200C (see cooking tip). Line 2 oven trays with baking paper. Put one of the lined trays into the oven to preheat. Cut the **sweet potatoes** into thin wedges and put on the remaining tray. Spray with **olive oil** and season with **salt and pepper**. Roast for 15 mins until almost cooked.



### 4. Cook patties

Spray a large frypan with **olive oil**, then heat over medium-high heat. Cook the **patties**, in two batches, for 1 min each side or until light golden. Remove the oven trays from oven. Transfer patties to the preheated tray. Turn the **wedges**, then return both trays to the oven and cook for 8-10 mins until the patties are cooked through and the wedges are tender.



### 2. Wilt spinach

Meanwhile, rinse the **spinach leaves** under cold water. Put in a medium saucepan, cover and cook over medium heat for 1-2 mins until wilted. Drain and press out as much liquid as possible, using paper towel, then finely chop.



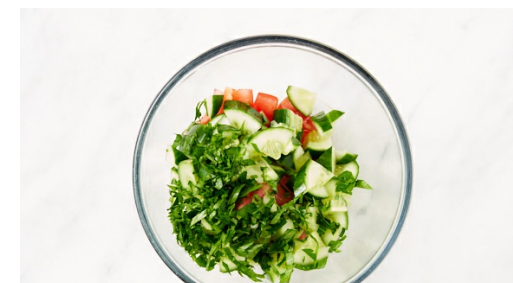
### 5. Prepare salad ingredients

Meanwhile, coarsely chop the **tomatoes**. Coarsely chop the **cucumbers**. Coarsely chop the **parsley** leaves, discarding the stems. Combine **1½ tbs extra virgin olive oil** and **2 tsp balsamic vinegar** in a large bowl. Season with **salt and pepper**.



### 3. Prepare patties

Trim and finely chop the **spring onions**. Crush or finely chop the **garlic**. Put the **pork mince, spring onion, garlic, spinach** and **tomato paste** in a bowl and season with **salt and pepper**. Using clean hands, combine well. Divide the mixture into 12 equal portions and shape into patties.



### 6. Get ready to serve

Add the **tomato, cucumber** and **parsley** to the **dressing** and toss to combine. Season with **salt and pepper**. Divide the **potato wedges** and **patties** among plates. Serve with the **salad**.