



# JERK-SPICED PORK PATTIES

*Coconut mushroom sauce, mashed acorn squash*

**COOK TIME**  
35 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
500

**NET CARBS PER SERVING**  
20 GRAMS

**MENU**  
KETO // GLUTEN-FREE

Classic comfort food, served with Jamaican flair. Ground pork is seasoned with a Jamaican jerk spice blend (featuring paprika, ginger, and allspice) and crushed red pepper flakes, then formed into patties. Pan-seared to a juicy finish, they're topped with a savory mushroom sauce and served over a creamy bed of mashed acorn squash. Toasted coconut flakes add a light crunch on top.

## INGREDIENTS (9 ITEMS)

- 10 oz **Ground pork**
- 1 tsp **Jamaican jerk spice blend**
- ½ tsp **Crushed red pepper flakes**
- 4 ¼ oz **Cremini mushrooms**
- ¼ cup **Spiced coconut-tomato sauce** T
- 1 half **Acorn squash**
- 1 tbsp **Butter** D
- ½ oz **Toasted coconut flakes** T
- 1 whole **Scallion**

## WHAT YOU'LL NEED

- large sauté pan
- baking sheet
- medium bowl
- measuring cup & spoons
- potato masher
- thermometer
- oven mitt

## ALLERGENS

- T TREE NUT
- D DAIRY



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce is organic unless otherwise labeled.

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork. Consuming raw or undercooked pork can be harmful to your health. Go to [help.greenchef.com](http://help.greenchef.com) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at [help@greenchef.com](mailto:help@greenchef.com)

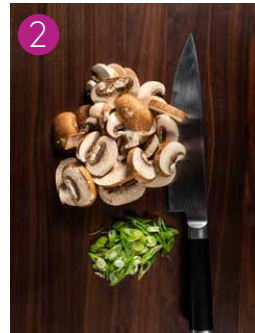
## 1 PREP & ROAST SQUASH

- Preheat oven to 450 degrees.
- Remove seeds from **acorn squash** with a spoon. Drizzle insides with 1-2 tablespoons cooking oil. Season insides with salt and pepper. Rub to coat.
- Place **squash** (cut-side down) on a lightly oiled foil-lined baking sheet. Roast 20-25 minutes, or until squash is easily pierced with a fork.  
*See Step 6 to finish.*



## 2 PREP MUSHROOMS & SCALLION

- Wipe **cremini mushrooms** clean with a damp paper towel. Remove stems, if desired. Cut into about ¼-inch thick slices.
- Thinly slice **scallion**; discard root end.



## 3 MAKE MIXTURE & FORM PATTIES

- Place **ground pork** in a medium bowl. Season with **Jamaican jerk spice blend**, ¼ teaspoon salt, and **crushed red pepper flakes** to taste (or omit). Mix thoroughly to evenly distribute seasoning.
- Form **mixture** into two patties, about ½-inch thick (wash bowl).

## 4 COOK PATTIES & MUSHROOMS

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium heat. Add **patties** to hot pan. Cook 8-9 minutes, or until patties are browned.
- Flip **patties**. Add **mushrooms** to pan around patties; stir. Cook 8-9 minutes, or until mushrooms are tender and patties are fully cooked, stirring mushrooms occasionally.\*

*\*Take Note: Ground pork is fully cooked when internal temperature reaches 160 degrees.*



## 5 MAKE MUSHROOM SAUCE

- Transfer **patties** to cutting board. Add ⅓ cup water and **spiced coconut-tomato sauce** to pan with mushrooms. Stir to combine. Cook 2-3 minutes, or until sauce has thickened slightly, stirring occasionally. Salt and pepper to taste. Remove from heat.



## 6 MASH SQUASH

- Carefully separate **squash** from skin; discard skin.\* (**Careful: Squash may be hot!**)
- Place **squash** and **butter** in clean bowl used for pork. Mash with a potato masher (or fork) until mostly smooth. Salt and pepper to taste.

*\*Chef's Tip: Carefully hold the squash with tongs or a kitchen towel while removing the squash from the skin.*

## 7 PLATE YOUR DISH

- Divide **mashed squash** between plates. Top with **pork patties**. Spoon **creamy coconut-mushroom sauce** over patties and squash. Garnish with **toasted coconut flakes** and **scallion**.
- Enjoy!

