



Smart Mexican-Inspired Chicken Patties

with Tomato, Charred Corn and Spinach Salad

Smart Meal

25 Minutes

Customized Protein **+** Add **↻** Swap **or** **x2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



- Swap** Ground Beef
250 g | 500 g
- Swap** Beyond Meat®
2 | 4
- Ground Chicken*
250 g | 500 g
- Panko Breadcrumbs
¼ cup | ½ cup
- Baby Spinach
113 g | 227 g
- Tomato
1 | 2
- Corn Kernels
56 ½ g | 113 g
- Feta Cheese, crumbled
¼ cup | ½ cup
- Pepitas
28 g | 56 g
- Ranch Dressing
2 tbsp | 4 tbsp
- White Wine Vinegar
1 tbsp | 2 tbsp
- Mexican Seasoning
1 tbsp | 2 tbsp
- Garlic Salt
½ tsp | 1 tsp

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.

Pantry items | Oil, sugar, salt, pepper

Cooking utensils | Large bowl, large non-stick pan, measuring spoons, medium bowl, whisk

1



Char corn

- Before starting, wash and dry all produce.

- Heat a large non-stick pan over medium heat.
- When the pan is hot, add **1 tsp** (2 tsp) **oil**, then **half the corn** (use all for 4 ppl).
- Season with **pepper** and **¼ tsp** (½ tsp) **garlic salt**.
- Cover and cook, stirring occasionally, until deep golden-brown, 5-6 min.
- Remove from heat, then transfer **corn** to a plate to cool.
- Carefully wipe the pan clean.

4



Toast pepitas

- Reheat the same pan over medium.
- When hot, add **pepitas** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on pepitas so they don't burn!)
- Transfer **toasted pepitas** to a plate.

2



Make patties

🔄 Swap | **Ground Beef**

🔄 Swap | **Beyond Meat®**

- Add **chicken**, **Mexican Seasoning** and **panko** to a medium bowl. Season with **pepper** and **¼ tsp** (½ tsp) **garlic salt**, then combine.
- Divide **mixture** into 8 equal portions (16 portions for 4 ppl).
- Roll into balls, then flatten into ½-inch-thick **patties**. (**NOTE:** Your mixture may be sticky. Lightly wet your hands to make it easier to form patties.)

5



Make salad

- Add **vinegar**, **½ tsp** (1 tsp) **sugar** and **1 tsp** (2 tsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Cut **tomato** into ¼-inch pieces.
- Add **spinach**, **tomatoes** and **corn** to the bowl. Toss to combine.

3



Cook patties

- Reheat the same pan (from step 1) over medium.
- When the pan is hot, add **2 tsp** (4 tsp) **oil**, then **patties**.
- Cook until golden-brown all over and cooked through, 3-4 min per side.**
- Remove from heat. Transfer **patties** to a plate.
- Carefully rinse and wipe the pan clean.

6



Finish and serve

- Divide **salad** between plates. Top with **patties**.
- Drizzle with **ranch dressing**.
- Sprinkle **pepitas** and **feta** over top.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

2 | Make patties

🔄 Swap | **Ground Beef**

If you've opted to get **beef**, prep and cook it in the same way the recipe instructs you to prep and cook the **chicken**.**

2 | Make patties

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prepare and cook it the same way the recipe instructs you to prepare and cook the **chicken**.**

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F.