



# Spiced Chicken Empanadas

## with Charred Corn Salsa

Family Friendly

25-35 Minutes

Customized Protein

+ Add

Swap

or

\*2 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



Chicken Breasts  
2 | 4

Swap



Plant-Based Protein Shreds  
200 g | 400 g



Chicken Thighs  
280 g | 560 g



Pizza Dough  
340 g | 680 g



Mexican Seasoning  
1 tbsp | 2 tbsp



Corn Kernels  
113 g | 227 g



Tomato Sauce Base  
2 tbsp | 4 tbsp



Green Bell Pepper  
1 | 2



Lime  
1 | 1

**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, pepper, salt, unsalted butter, all-purpose flour

**Cooking utensils** | Baking sheet, large non-stick pan, measuring spoons, parchment paper, slotted spoon, zester

1



## Prep dough

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

- Sprinkle both sides of **dough** with **flour**. With floured hands, divide **dough** into **2 (4) equal pieces** on a well-floured surface.
- Stretch **each piece of dough** into a 5x8-inch round or oval shape.
- Set aside to rest on a parchment-lined baking sheet, 8-10 min. (**NOTE:** Use 2 baking sheets for 4 ppl).

4



## Bake empanadas

- Bake **empanadas** in the **middle** of the oven until golden-brown, 22-25 min. (**NOTE:** For 4 ppl, bake in the middle and top of the oven, rotating sheets halfway through.)

2



## Cook filling

- 🔄 **Swap** | **Chicken Breasts**
- 🔄 **Swap** | **Plant-Based Protein Shreds**

- Pat **chicken** dry with paper towels. Cut **chicken** into 1-inch pieces.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken** and **Mexican Seasoning**.
- Cook, stirring often, until **chicken** is cooked through 4-6 min. **\*\***
- Add **tomato sauce base** and **1 tbsp** (2 tbsp) **water**. Season with **salt** and **pepper**.
- Set aside to cool slightly, 5 min.

5



## Make corn salsa

- Meanwhile, zest, then juice **half the lime** (whole lime for 4 ppl). Cut **any remaining lime** into wedges.
- Core, then cut **pepper** into ¼-inch pieces.
- Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **butter**, then **corn** and **peppers**.
- Cover and cook, stirring occasionally, until tender, 5-6 min.
- Add **lime juice** and **¼ tsp** (½ tsp) **lime zest**. Season with **salt** and **pepper**, to taste.

3



## Fill empanadas

- With floured hands, stretch **dough** again into large oval shapes. (**NOTE:** The dough should now hold its shape.)
- Using a slotted spoon, top **one half of each empanada** with **chicken mixture**.
- Fold **dough** over **filling**, then crimp edges to seal. Brush **½ tbsp oil** over **each empanada**, then make one small slit on the top of **each empanada** using a knife.

6



## Finish and serve

- Allow **empanadas** to cool slightly before serving, 3-4 min.
- Divide **empanadas** between plates and cut in half, if desired.
- Serve **corn salsa** alongside.
- Squeeze a **lime wedge** over top of the **empanadas**, if desired.

Measurements  
within steps

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

## 2 | Cook filling

🔄 **Swap** | **Chicken Breasts**

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

## 2 | Cook filling

🔄 **Swap** | **Plant-Based Protein Shreds**

If you've opted to get **plant-based protein shreds**, disregard instructions to cut into 1-inch pieces. Cook it the same way the recipe instructs you to cook the **chicken**, tossing occasionally, until cooked through, 6-8 min. **\*\*** Follow the rest of the recipe as written.

♦ 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, as size may vary.