

## **HELLO Spiced Chicken Empanadas**with Charred Corn Salsa

Family Friendly

25-35 Minutes









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 🦫

Breasts •

Protein Shreds 200 g | 400 g







Chicken Thighs • 280 g | 560 g

Pizza Dough 340 g | 680 g





Seasoning 1 tbsp | 2 tbsp

113 g | 227 g





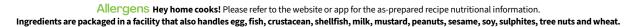
Tomato Sauce



1 | 2

2 tbsp | 4 tbsp

Lime 1 | 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



#### Cook filling

O Swap | Chicken Breasts

#### O 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



- 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 1/2 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.

for 4 ppl).



#### 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.)



- (whole lime for 4 ppl). Cut any remaining lime into wedges.
- Core, then cut pepper into ½-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.

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

1 tbsp (2 tbsp) 2 person 4 person

oil

Ingredient

### 2 | Cook filling

Measurements

within steps

### 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.

<sup>\*\*</sup> Cook to a minimum internal temperature of 74°C/165°F, as size may vary.