



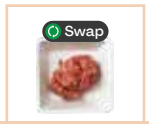
Smart Caribbean Chicken Patties

with Salad and Spicy Tropical Dressing

Smart Meal

Spicy

25 Minutes



Ground Turkey
250 g | 500 g

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)



- Ground Chicken
250 g | 500 g
- Black Beans
½ | 1
- Italian Breadcrumbs
2 tbsp | 4 tbsp
- Tomato
1 | 2
- Spring Mix
56 g | 113 g
- Red Cabbage, shredded
56 g | 113 g
- Lime
1 | 2
- Green Onion
2 | 4
- Cilantro
7 g | 14 g
- Diced Pineapple Cup
1 | 2
- Spicy Mayo
2 tbsp | 4 tbsp
- Jerk Spice Blend
1 tbsp | 2 tbsp

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.*

Ingredient quantities	56 g	113 g
	2 person	4 person

Pantry items | Sugar, oil, salt, pepper

Cooking utensils | Large bowl, large non-stick pan, measuring spoons, 2 medium bowls, small bowl, strainer, whisk, zester

1



Prep and make dressing

- Before starting, wash and dry all produce.

- Drain and rinse **black beans**, then pat dry with paper towels.
- Thinly slice **green onions**.
- Rough chop **cilantro**.
- Drain **pineapple**, reserving **juice** in a small bowl.
- Cut **tomato** into ¼-inch pieces.
- Zest, then juice **lime**.
- Add **spicy mayo**, ¼ **tsp** (½ **tsp**) **lime zest**, ½ **tbsp** (1 **tbsp**) **lime juice** and 1 **tsp** (2 **tsp**) **pineapple juice** to a large bowl. Season with **salt** and **pepper**, then whisk to combine. (**NOTE:** This is your spicy tropical dressing.)

4



Make salsa

- Whisk together ½ **tsp** (1 **tsp**) **sugar**, ½ **tbsp** (1 **tbsp**) **lime juice** and 1 **tbsp** (2 **tbsp**) **oil** in another medium bowl.
- Add **tomatoes**, **pineapple**, **cilantro**, **half the black beans** (use all for 4 ppl) and **remaining green onions**, then toss to coat. (**NOTE:** This is your salsa!)

2



Form chicken patties

Swap | Ground Turkey

- Add **chicken**, **breadcrumbs**, **Jerk Spice Blend** and **half the green onions** to a medium bowl. Season with ⅛ **tsp** (¼ **tsp**) **salt** and ¼ **tsp** (½ **tsp**) **pepper**, then combine.
- Divide **mixture** into 8 (16) equal portions.
- 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.)

3



Cook chicken patties

- Heat a large non-stick pan over medium-high.
- When hot, add ½ **tbsp** (1 **tbsp**) **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.

5



Dress salad

- Add **spring mix** and **cabbage** to the bowl with **dressing** (from step 1). Toss to combine.

6



Finish and serve

- Divide **salad** between plates. Top with **patties** and **salsa**.

Measurements within steps | 1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Form patties

Swap | Ground Turkey

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