



# 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](http://www.hellofresh.ca)

 	 
Ground Beef 250 g   500 g	Beyond Meat® 2   4



	
Ground Chicken 250 g   500 g	Panko Breadcrumbs 1/2 cup   1/2 cup
	
Baby Spinach 113 g   227 g	Tomato 1   2
	
Corn Kernels 56 1/2 g   113 g	Feta Cheese, crumbled 1/4 cup   1/2 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 1/2 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.*

Ingredient quantities 56 g | 113 g  
2-serving | 4-serving

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

2



## Make patties

Swap | **Ground Beef**

Swap | **Beyond Meat®**

- To a medium bowl, add **chicken, Mexican Seasoning** and **half the panko** (use all for 4 servings). Season with **pepper** and **¼ tsp** (½ tsp) **garlic salt**, 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 patties

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

4



## Toast pepitas

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

5



## Make salad

- To a large bowl, add **vinegar**, **½ tsp** (1 tsp) **sugar** and **1 tsp** (2 tsp) **oil**. 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.

6



## Finish and serve

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

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

### For 6 servings

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 | Make patties

Swap | **Ground Beef**

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

## 2 | Make Beyond Meat® patties

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prep and cook the same way the recipe instructs you to prep 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 165°F.