



Smart Mexican-Inspired Chicken Patties

with Tomato, Charred Corn and Spinach Salad

Smart Meal

25 Minutes

Customized Protein

+ Add

Swap

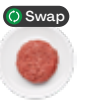
or

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)



Ground Beef
250 g | 500 g



Beyond Meat®
2 | 4



Ground Chicken*
250 g | 500 g



Panko Breadcrumbs
3 tbsp | 1/3 cup



Baby Spinach
113 g | 227 g



Tomato
1 | 2



Corn Kernels
56 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
8 g | 16 g



Garlic Salt
2 g | 4 g



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 5-6 min, stirring occasionally, until deep golden.
- 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 **panko**. 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 the pan is hot, add **2 tsp** (4 tsp) **oil**, then **patties**.
- Cook 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 4-5 min, stirring often, until golden. (**TIP:** Keep your eye on pepitas 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 plates. 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 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 **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.