

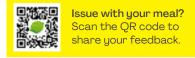
Smart Jalapeño and Feta Chicken Patties

with Charred Corn Salad and Southwest Aioli

Carb Smart

Calorie Smart

30 Minutes







Feta Cheese, crumbled



Italian Breadcrumbs



Mayonnaise



Baby Spinach



Roma Tomato



Corn Kernels



White Wine Vinegar



Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

4 person Ingredient

oil

Heat Guide for Step 2:

- Mild: 1 tbsp (2 tbsp)
- Medium: 2 tbsp (4 tbsp)
- Spicy: 3 tbsp (6 tbsp)

Bust out

Baking sheet, measuring spoons, 2 large bowls, parchment paper, small bowl, whisk, large non-stick pan

Ingredients

•		
	2 Person	4 Person
Ground Chicken •	250 g	500 g
Feta Cheese, crumbled	⅓ cup	½ cup
Jalapeño 🌙	1	2
Garlic Salt	1 tsp	2 tsp
Southwest Spice Blend	1 tbsp	2 tbsp
Italian Breadcrumbs	⅓ cup	½ cup
Mayonnaise	2 tbsp	4 tbsp
Baby Spinach	113 g	227 g
Roma Tomato	190 g	360 g
Corn Kernels	113 g	227 g
White Wine Vinegar	1 tbsp	2 tbsp
Sugar*	1/4 tsp	½ tsp
Oil*		
Salt and Pepper*		

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.



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- · Heat a large non-stick pan over mediumhigh heat.
- When hot, add corn to the dry pan. Cook, stirring occasionally, until dark-brown in spots, 5 min.
- Transfer corn to a plate.



Prep and start patties

- Meanwhile, core, then finely chop jalapeño, removing seeds for less heat. (TIP: We suggest using gloves when prepping jalapeños!)
- Add chicken, breadcrumbs, 3/4 tsp (1 ½ tsp) garlic salt, 2 ½ tsp (5 tsp) Southwest Spice Blend, 3 tbsp (6 tbsp) charred corn, 3 tbsp (6 tbsp) **feta** and **2 tbsp jalapeños** to a large bowl. (NOTE: Reference heat guide.) Season with **pepper**, then combine.



Cook patties

- Heat the same pan (from step 1) over medium-high.
- While the pan heats, form chicken mixture into four 1/2-inch-thick patties (8 patties for 4 ppl).
- When the pan is hot, add 1 tbsp oil, then patties. (NOTE: Don't overcrowd the pan; cook patties in 2 batches if needed, using 1 tbsp oil per batch.) Cook, flipping halfway through, until **patties** are golden-brown, 2-3 min.
- Transfer patties to a parchment-lined baking sheet. Roast in the top of the oven until cooked through, 8-10 min.**



Make Southwest aioli

 Meanwhile, add mayo, remaining Southwest Spice Blend and ½ tsp (1 tsp) vinegar to a small bowl. Season with pepper and remaining garlic salt, to taste, then stir to combine.



Make salad

- Cut tomatoes into ½-inch pieces.
- Add remaining vinegar, ¼ tsp (½ tsp) sugar and 1 ½ tbsp (3 tbsp) oil to another large bowl. Season with salt and pepper, to taste, then whisk to combine.
- When patties are done, add tomatoes, spinach and remaining charred corn to the bowl with vinaigrette. Sprinkle remaining **feta** over top, then toss to combine.



Finish and serve

- Divide patties and salad between plates.
- Dollop Southwest aioli over patties.

Dinner Solved!