



Smart Jalapeño and Feta Chicken Patties

with Charred Corn Salad and Southwest Aioli

Carb Smart Calorie Smart 30 Minutes



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Ground Chicken



Feta Cheese,
crumbled



Jalapeño



Garlic Salt



Southwest Spice
Blend



Italian Breadcrumbs



Mayonnaise



Baby Spinach



Roma Tomato



Corn Kernels



White Wine Vinegar

HELLO JALAPEÑO

This medium-sized chili pepper provides a boost of flavour and a mild spice kick!

Start here

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

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

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	¼ cup	½ cup
Jalapeño 🌶️	1	2
Garlic Salt	1 tsp	2 tsp
Southwest Spice Blend	1 tbsp	2 tbsp
Italian Breadcrumbs	¼ 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*	¼ 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.



1 Char corn

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



2 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, ¾ 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.



3 Cook patties

- Heat the same pan (from step 1) over medium-high.
- While the pan heats, form **chicken mixture** into four ½-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.**



4 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.



5 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.



6 Finish and serve

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

Dinner Solved!



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