



Smart Jalapeño and Feta Chicken Patties

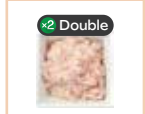
with Charred Corn Salad and Southwest Aioli

Carb Smart

Calorie Smart

Quick

25 Minutes



Custom Recipe

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

Ground Chicken ⁺
500 g | 1000 g



Ground Chicken ⁺
250 g | 500 g



Feta Cheese, crumbled
1/4 cup | 1/2 cup



Jalapeño [!]
1 | 2



Garlic Salt
1 tsp | 2 tsp



Southwest Spice Blend
1 tbsp | 2 tbsp



Italian Breadcrumbs
1/4 cup | 1/2 cup



Mayonnaise
2 tbsp | 4 tbsp



Baby Spinach
113 g | 227 g



Tomato
2 | 4



Corn Kernels
113 g | 227 g



White Wine Vinegar
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.

Pantry items | Oil*, pepper*, salt*, sugar*

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

1



Char corn

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- **Heat Guide for Step 2:**
 - Mild: **1 tbsp** (2 tbsp)
 - Medium: **2 tbsp** (4 tbsp)
 - Spicy: **3 tbsp** (6 tbsp)

- 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

×2 Double | Ground Chicken

- 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** (4 tbsp) **jalapeños** to a large bowl. (**NOTE:** Reference heat guide.) Season with **pepper**, then combine.

3



Cook patties

- Reheat 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 in 2 batches if needed, using 1 tbsp oil per batch.)
- Cook, flipping halfway through, until **patties** are golden-brown, 2-3 min.
- Transfer 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**, 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**, 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**.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

2 | Prep and start patties

×2 Double | Ground Chicken

If you've opted for **double chicken**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of chicken**. Work in batches, if necessary.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

† Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.



Issue with your meal? Scan the QR code to share your feedback.