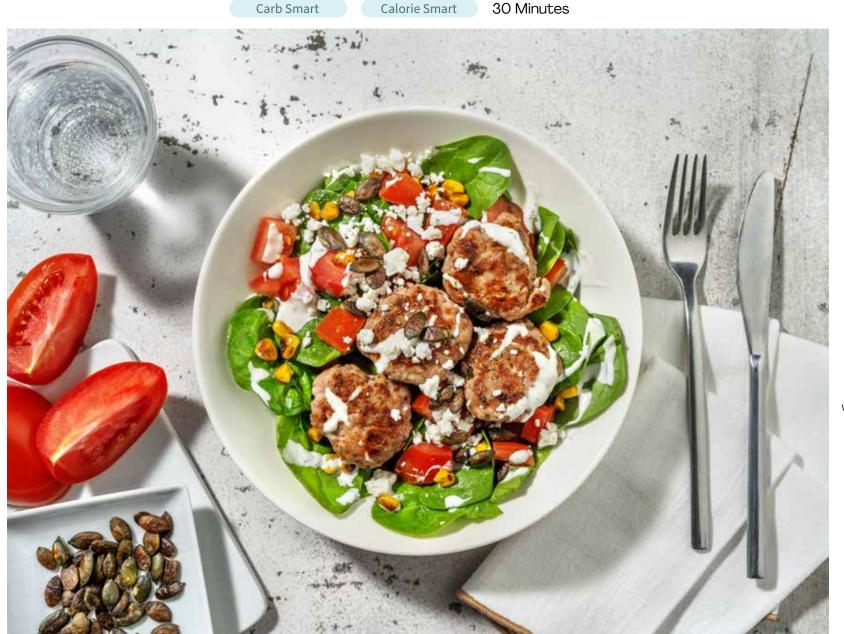


# Smart Mexican-Inspired Chicken Patties

with Tomato, Charred Corn and Spinach Salad











**Ground Chicken** 

Panko Breadcrumbs





**Baby Spinach** 

Roma Tomato





Feta Cheese, crumbled



Pepitas



Ranch Dressing



White Wine Vinegar



Mexican Seasoning



Garlic Salt

# Start here

Before starting, wash and dry all produce.

Measurements , 1 tbsp , (2 tbsp), within steps

Ingredient

#### **Bust out**

Medium bowl, measuring spoons, large bowl, whisk, large non-stick pan

# Ingredients

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	2 Person	4 Person
Ground Chicken*	250 g	500 g
Panko Breadcrumbs	⅓ cup	½ cup
Baby Spinach	113 g	227 g
Roma Tomato	95 g	190 g
Corn Kernels	56 g	113 g
Feta Cheese, crumbled	⅓ cup	½ 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	½ tsp	1 tsp
Sugar*	½ tsp	1 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.



#### Char corn

- Heat a large non-stick pan over medium heat.
- When hot, add 1/2 tbsp (1 tbsp) oil, then half the corn (use all for 4 ppl). Season with pepper and 1/4 tsp (1/2 tsp) garlic salt. Cover and cook, stirring occasionally, until deep golden-brown, 5-6 min.
- · Remove from heat, then transfer corn to a plate to cool.
- Carefully wipe the pan clean.



## Make patties

- Add chicken, Mexican Seasoning and panko to a medium bowl. Season with pepper and 1/4 tsp (1/2 tsp) garlic salt, then combine.
- Divide mixture into 8 equal portions (16 for 4 ppl).
- Roll **portions** 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.)



## Cook patties

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



# Toast pepitas

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



#### Make salad

- Add vinegar, ½ tsp (1 tsp) sugar and 1 tbsp (2 tbsp) oil to a large bowl. Season with salt and pepper, then whisk to combine.
- Cut tomato into 1/4-inch pieces.
- Add spinach, tomatoes and corn to the bowl. Toss to combine.



### Finish and serve

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

**Dinner Solved!**