

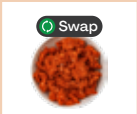


# Smart Mexican-Inspired Chicken Patties

## with Tomato, Charred Corn and Spinach Salad

Smart Meal

25 Minutes



Chorizo Sausage, uncased  
250 g | 500 g

Customized Protein + 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://hellofresh.ca)



Ground Chicken  
250 g | 500 g



Panko Breadcrumbs  
¼ cup | ½ cup



Baby Spinach  
113 g | 227 g



Tomato  
1 | 2



Corn Kernels  
56 g | 113 g



Feta Cheese, crumbled  
¼ 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

**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 | Sugar, oil, salt, pepper

Cooking utensils | Medium bowl, measuring spoons, large bowl, whisk, large non-stick pan, paper towels

1



## Char corn

- Before starting, wash and dry all produce.

- Heat a large non-stick pan over medium heat.
- When the pan is hot, add **1 tsp (2 tsp) oil**, then **half the corn** (use all for 4 ppl).
- Season with **pepper** and **¼ tsp (½ 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.

2



## Make patties

Swap | Chorizo

- Add **chicken**, **Mexican Seasoning** and **panko** to a medium bowl. Season with **pepper** and **¼ tsp (½ tsp) garlic salt**, then combine.
- Divide **mixture** into **8 equal portions** (16 portions for 4 ppl).
- 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 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.

4



## 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 **toasted pepitas** to a plate.

5



## Make salad

- Add **vinegar**, **½ tsp (1 tsp) sugar** and **1 tsp (2 tsp) oil** to a large bowl. 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 person 4 person Ingredient

## 2 | Make patties

Swap | Chorizo

If you've opted to get **chorizo**, cook it in the same way the recipe instructs you to cook the **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 74°C/165°F.



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