



# Smart Mexican-Inspired Chicken Patties

with Tomato, Charred Corn and Spinach Salad

Smart Meal

25 Minutes

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://www.hellofresh.ca)






|   |   |
|---|---|
|   |   |
| Pork Chorizo  | Beyond Meat®  |
| 250 g   500 g   | 2   4   |

|   |   |
|---|---|
|  |  |
| Ground Chicken  | Panko Breadcrumbs   |
| 250 g   500 g   | ¼ cup   ½ cup   |

|   |   |
|---|---|
|  |  |
| Baby Spinach  | Tomato  |
| 113 g   227 g   | 1   2   |

|   |   |
|---|---|
|  |  |
| Corn Kernels  | Feta Cheese, crumbled   |
| 56½ g   113 g   | ¼ cup   ½ cup   |

|  |  |
|--|--|
|  |  |
| Pepitas  | Ranch Dressing   |
| 28 g   56 g  | 2 tbsp   4 tbsp  |

|   |   |
|---|---|
|  |  |
| White Wine Vinegar  | Mexican Seasoning   |
| 1 tbsp   2 tbsp   | 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 | Oil, sugar, salt, pepper

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

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.

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.

2



## Make patties

🔄 Swap | **Pork Chorizo**

🔄 Swap | **Beyond Meat®**

- 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.)

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.

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.

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 | **Pork Chorizo**

If you've opted to get **chorizo**, cook it in the same way the recipe instructs you to cook the **chicken**.\*\*

## 2 | Make patties

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prepare and cook it the same way the recipe instructs you to prepare and 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.