



Smart Chicken and Cheddar Patties

with Cilantro-Lime Crema and Charred Corn

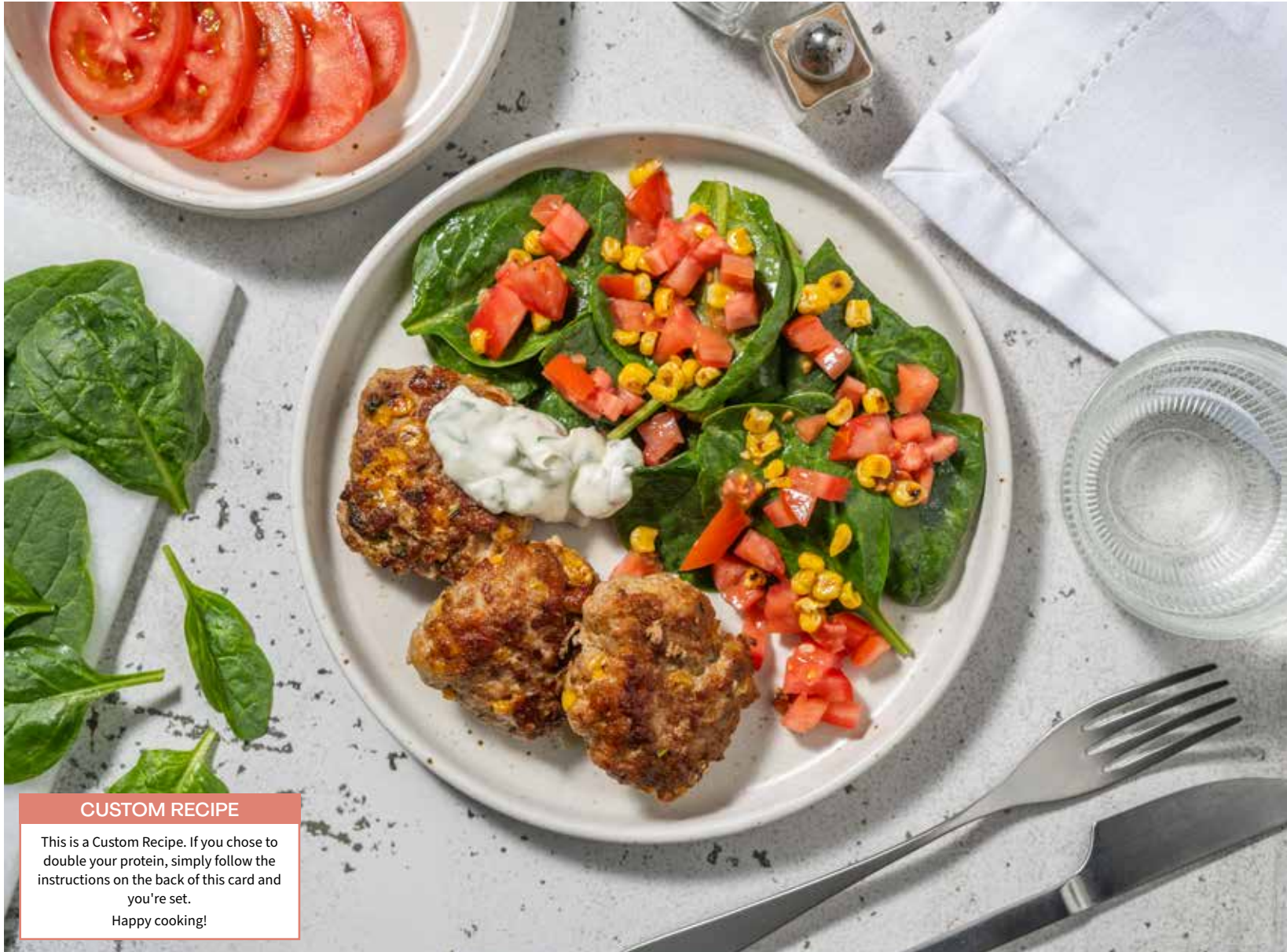
Carb Smart

Calorie Smart

30 Minutes



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Ground Chicken



Double Ground Chicken



Panko Breadcrumbs



Southwest Spice Blend



Corn Kernels



Roma Tomato



Baby Spinach



Cilantro



Sour Cream



Lime



Cheddar Cheese, shredded

CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO SOUTHWEST SPICE BLEND

This blend is crucial in Tex-Mex dishes and adds Southern flair to this Smart recipe!

Start here

Before starting, wash and dry all produce.

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

Bust out

Measuring spoons, zester, large bowl, 2 small bowls, whisk, medium bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Ground Chicken*	250 g	500 g
Double Ground Chicken	500 g	1000 g
Panko Breadcrumbs	¼ cup	½ cup
Southwest Spice Blend	1 tbsp	2 tbsp
Corn Kernels	113 g	227 g
Roma Tomato	95 g	190 g
Baby Spinach	56 g	113 g
Cilantro	7 g	14 g
Sour Cream	3 tbsp	6 tbsp
Lime	1	2
Cheddar Cheese, shredded	¼ cup	½ cup
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 Prep and char corn

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **corn** dry with paper towels.
- Zest, then juice **lime**.
- Thinly slice **cilantro stems**, then finely chop **leaves**, keeping **leaves** and **stems** separate.
- When hot, add **corn** to the dry pan. Char **corn**, stirring occasionally, until dark-brown in spots, 4-5 min.
- Transfer to a small bowl.



4 Cook patties

- Return the same pan (from step 1) to medium.
- When the pan is hot, add **1 tbsp oil**, then **patties**. (**NOTE:** Don't overcrowd the pan. Cook in 2 batches, using 1 tbsp oil per batch.)
- Cook, flipping halfway through, until **patties** are golden-brown and cooked through, 3-4 min per side.**

When cooking **double chicken**, don't overcrowd the pan. Pan-fry the **patties** in batches, if needed!



2 Make vinaigrette and cilantro-lime crema

- While **corn** chars, add **1 tbsp** (1 ½ tbsp) **lime juice**, **1 ½ tbsp** (2 tbsp) **oil** and **¼ tsp** (¼ tsp) **sugar** to a large bowl. Season with **salt** and **pepper**, to taste, then whisk to combine. (**NOTE:** This is your vinaigrette.)
- Add **sour cream**, **cilantro leaves**, **lime zest**, **1 tsp** (2 tsp) **water** or **any remaining lime juice** and **¼ tsp** (¼ tsp) **sugar** to another small bowl. Season with **salt** and **pepper**, to taste, then stir to combine. (**NOTE:** This is your crema.)



5 Finish salad

- Meanwhile, cut **tomato** into ½-inch pieces.
- When **patties** are almost done, add **spinach**, **tomatoes** and **remaining charred corn** to the bowl with **vinaigrette**, then toss to combine.



3 Prep patties

- Add **chicken**, **cheddar**, **cilantro stems**, **panko**, **Southwest Spice Blend**, **half the charred corn** and **¼ tsp** (½ tsp) **salt** to a medium bowl. Season with **pepper**, then combine.
- Form **mixture** into **six ½-inch-thick patties** (12 patties for 4 ppl).

If you've opted for **double chicken**, add an **extra ¼ tsp** (½ tsp) **salt** to the **chicken mixture**. Form into **twelve ½-inch-thick patties** (24 patties for 4 ppl).



6 Finish and serve

- Divide **salad** and **chicken patties** between plates.
- Dollop **cilantro-lime crema** over **patties**.

Dinner Solved!



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