



Smart Chicken Patty Salad

with DIY Ranch Dressing

Carb Smart

Calorie Smart

Optional Spice

20-min



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Ground Chicken



Double Ground Chicken



Croutons



Spring Mix



Radish



Celery



Chives



Hot Sauce



White Wine Vinegar



BBQ Seasoning



Mayonnaise



Sour Cream

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 BBQ SEASONING

This spice is the perfect blend of sweet, savoury and smoky!

Start here

Before starting, wash and dry all produce.

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

Bust out

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

Ingredients

	2 Person	4 Person
Ground Chicken ♦	250 g	500 g
Double Ground Chicken	500 g	1000 g
Croutons	28 g	56 g
Spring Mix	113 g	227 g
Radish	3	6
Celery	3	6
Chives	7 g	14 g
Hot Sauce 🌶️	2 tbsp	2 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Sour Cream	3 tbsp	6 tbsp
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.



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1



Prep and marinate veggies

- Thinly slice **celery**.
- Thinly slice **radishes**.
- Thinly slice **chives**.
- Add **2 tsp** (4 tsp) **vinegar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **celery** and **radishes**, then toss to coat. Set aside.

4



Make DIY ranch

- Meanwhile, add **sour cream**, **mayo**, **half the chives**, **remaining vinegar** and **½ tbsp** (1 tbsp) **water** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.

2



Form patties

- Add **chicken** and **BBQ Seasoning** to a medium bowl. Season with **pepper**, then combine.
- Form **mixture** into **six 2-inch-wide patties** (12 patties for 4 ppl). (**NOTE:** Your mixture may look wet; this is normal!)

If you've opted for **double chicken**, use a large bowl and add an **extra ¼ tsp** (½ tsp) **salt** to the **mixture**. Form into **twelve 2-inch-wide patties** (24 patties for 4 ppl).

5



Finish and serve

- Add **spring mix** and **croutons** to the large bowl with **veggies**, then toss to combine.
- Divide **salad** between plates. Top with **chicken patties** and **as much hot sauce** as desired.
- Drizzle with **DIY ranch** and sprinkle **remaining chives** over top.

3



Cook patties

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp oil**, then **patties**. Cook, reducing heat to medium-low if **patties** are browning too quickly, until golden-brown all over and cooked through, 3-4 min per side. **** (NOTE:** Don't overcrowd the pan; cook in 2 batches for 4 ppl, using 1 tbsp oil for each batch!)
- Transfer to a plate.

Dinner Solved!