



Smart Jalapeño and Feta Chicken Fritters

with Charred Corn Salad and Cilantro Aioli

Calorie Smart

Carb Smart

Spicy

30 Minutes



Ground Chicken



Feta Cheese, crumbled



Jalapeño



Garlic, cloves



Cilantro



Panko Breadcrumbs



Mayonnaise



Baby Spinach



Roma Tomato



Corn Kernels



White Wine Vinegar



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HELLO JALAPEÑO

This medium-sized chili pepper provides a boost of flavour and a mild spice kick!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Heat Guide for Step 2 (dbl for 4 ppl):

- Mild: 1 tbsp
- Medium: 2 tbsp
- Spicy: 3 tbsp

Garlic Guide for Step 4 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: ¼ tsp
- Extra: ½ tsp

Bust out

Baking sheet, measuring spoons, large bowl, parchment paper, small bowl, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Chicken ♦	250 g	500 g
Feta Cheese, crumbled	¼ cup	½ cup
Jalapeño 🌶️	1	2
Garlic, cloves	2	4
Cilantro	7 g	14 g
Panko Breadcrumbs	¼ cup	½ cup
Mayonnaise	2 tbsp	4 tbsp
Baby Spinach	113 g	227 g
Roma Tomato	160 g	320 g
Corn Kernels	113 g	227 g
White Wine Vinegar	1 tbsp	2 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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Char corn

- Heat a large non-stick pan over medium-high heat.
- When hot, add **corn** to the dry pan. Cook, stirring occasionally, until dark brown in spots, 5 min.
- Transfer **corn** to a plate.



Make cilantro aioli

- Meanwhile, add **mayo**, **remaining cilantro**, **½ tsp vinegar** (dbl for 4 ppl) and **¼ tsp garlic** to a small bowl. (NOTE: Reference garlic guide.) Season with **salt** and **pepper**, to taste, then stir to combine.



Prep

- Meanwhile, core, then finely chop **jalapeño**, removing seeds for less heat. (TIP: We suggest using gloves when prepping jalapeños!)
- Finely chop **cilantro**.
- Peel, then mince or grate **garlic**.
- Add **chicken**, **panko**, **half the garlic**, **half the cilantro**, **3 tbsp charred corn**, **3 tbsp feta**, **¼ tsp salt** (dbl all for 4 ppl) and **2 tbsp jalapeños** to a large bowl. (NOTE: Reference heat guide.) Season with **pepper**, then combine.



Make salad

- Cut **tomatoes** into ½-inch pieces.
- Add **remaining vinegar** and **1 ½ tbsp oil** (dbl for 4 ppl) to a large bowl. (TIP: Add ¼ tsp sugar, if desired.) Season with **salt** and **pepper**, to taste, then whisk to combine.
- When **fritters** are done, add **tomatoes**, **spinach** and **remaining charred corn** to the bowl with **vinaigrette**. Sprinkle **remaining feta** over top, then toss to combine.



Cook fritters

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, form **chicken mixture** into **four ½-inch-thick patties** (8 patties for 4 ppl).
- When the pan is hot, add **1 tbsp oil**, then **fritters**. (NOTE: Don't overcrowd the pan; cook fritters in 2 batches if needed, using 1 tbsp oil per batch.) Cook, flipping halfway through, until **fritters** are golden brown, 2-3 min.
- Transfer **fritters** to a parchment-lined baking sheet. Roast in the **top** of the oven until cooked through, 8-10 min.**
- Carefully wipe the pan clean.



Finish and serve

- Divide **fritters** and **salad** between plates.
- Dollop **cilantro aioli** over **fritters**.

Dinner Solved!