



# Smart Mexican-Inspired Chicken Patties

## with Tomato, Charred Corn and Spinach Salad

Carb Smart

Calorie Smart

30 Minutes



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Ground Chicken



Panko Breadcrumbs



Baby Spinach



Roma Tomato



Corn Kernels



Feta Cheese,  
crumbled



Pepitas



Ranch Dressing



White Wine Vinegar



Mexican Seasoning



Garlic Salt

HELLO MEXICAN SEASONING

*Smoky, sweet and spicy combined for the perfect Tex-Mex flavour!*

## 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, whisk, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Chicken *	250 g	500 g
Panko Breadcrumbs	¼ cup	½ cup
Baby Spinach	113 g	227 g
Roma Tomato	95 g	190 g
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
Sugar*	½ tsp	1 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 Char corn

- Heat a large non-stick pan over medium heat.
- When hot, add **½ tbsp** (1 tbsp) **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 to a plate.



### 2 Make patties

- 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 for 4 ppl).
- Roll **portions** 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 tbsp** (2 tbsp) **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 hot, add **1 tbsp** (2 tbsp) **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.

Dinner Solved!



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