



# Smart Salsa Verde Chicken Bowls

with Wild Rice Medley

Carb Smart

Calorie Smart

30 Minutes



Ground Chicken



Wild Rice Medley



Lemon



Garlic, cloves



Parsley



Capers



Baby Spinach



Chicken Broth Concentrate



Shallot



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HELLO CAPERS

*Small but powerful capers add a bold, briny and salty flavour to this dish!*

## Start here

Before starting, wash and dry all produce.

### Bust out

2 Medium bowls, measuring spoons, zester, medium pot, small bowl, measuring cups, large non-stick pan

### Ingredients

	2 Person	4 Person
Ground Chicken*	250 g	500 g
Wild Rice Medley	½ cup	1 cup
Lemon	1	1
Garlic, cloves	2	4
Parsley	7 g	14 g
Capers	30 g	60 g
Baby Spinach	28 g	56 g
Chicken Broth Concentrate	1	2
Shallot	50 g	100 g
Unsalted Butter*	2 tbsp	4 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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### Cook rice medley

- Add **broth concentrate, wild rice medley, 1 tbsp butter, 1 cup water** and **¼ tsp salt** (dbl all for 4 ppl) to a medium pot. Bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Cover and simmer until **rice** is tender and **liquid** is absorbed, 16-18 min.
- Remove the pot from heat. Set aside, still covered.



### Cook patties

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp oil**, then **patties**. (**NOTE:** For 4 ppl, cook patties in batches, using 1 tbsp oil per batch.) Pan-fry until cooked through, 3-4 min per side. **\*\* (TIP:** Reduce heat to medium-low if patties are browning too quickly.)



### Prep

- Meanwhile, zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Peel, then finely chop **shallot**.
- Peel, then mince or grate **garlic**.
- Finely chop **parsley**.
- Drain **caper brine** over a small bowl. Add **1 tbsp shallots** (dbl for 4 ppl) to **brine**.
- Finely chop **capers**.



### Make salsa verde and dress spinach

- Meanwhile, add **capers, lemon zest, remaining parsley, ½ tbsp lemon juice** and **1 tbsp oil** (dbl both for 4 ppl) to the bowl with **caper brine and shallots**. (**TIP:** We love to use olive oil for salsa verde!) Season with **pepper**, then stir to combine.
- Add **spinach** and **half the salsa verde** to another medium bowl. Toss to coat.



### Form patties

- Add **chicken, garlic, remaining shallots, half the parsley** and **⅛ tsp salt** (dbl for 4 ppl) to a medium bowl. Season with **pepper**, then combine.
- Using wet hands, form **mixture** into **eight 2-inch-wide patties** (16 patties for 4 ppl).



### Finish and serve

- Fluff **rice** with a fork.
- Divide **rice** between bowls. Top with **dressed spinach** and **chicken patties**.
- Spoon **remaining salsa verde** over **chicken**.
- Squeeze a **lemon wedge** over top, if desired.

### Dinner Solved!