



 CONVOY OF HOPE

Chili Chicken

CORN CAKES ON CHICKPEAS,
TOMATOES & SPINACH

(Serves 4)



INGREDIENTS

For the Chicken Cakes:

12½-ounce can chicken breast meat

This recipe can also be made with canned tuna or salmon.

15¼-ounce can of corn
2 teaspoon dried tarragon
1 teaspoon paprika
1 teaspoon chili powder
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon kosher salt
1 teaspoon ground black pepper
2 eggs
½ cup milk

6 fluid ounces of evaporated milk can be used instead.

2 cups panko breadcrumbs
1 cup all-purpose flour
½ cup cooking oil for frying

For the Chickpeas:

Two 15½-ounce cans of chickpeas
10-ounce can of spinach
14½-ounce can of chopped tomatoes
1 white onion, finely chopped
1 teaspoon paprika
1 teaspoon chili powder
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon kosher salt
1 teaspoon ground black pepper
3 tablespoons olive oil
½ cup fresh parsley
½ cup pre-grated parmesan

METHOD

For the Chicken Cakes:

1. Drain the chicken of excess juice, and place in a bowl.
2. Drain the corn of excess juice, and place in the same bowl as the chicken.
3. Mash the corn and chicken gently with the back of a spoon.
4. Beat one of the eggs, and add it to the chicken and corn.
5. Add the tarragon, paprika, chili, garlic, onion powder, salt, and pepper, and gently fold into the mixture.
6. Add 1 cup of panko breadcrumbs, and gently fold into the mixture.
7. Get three bowls:
 - a. One with the all-purpose flour, seasoned with a little salt and pepper.
 - b. One with the remaining egg beaten with the milk (or evaporated milk).
 - c. One with the remaining panko breadcrumbs, seasoned with a little salt and pepper.
8. Form the chicken/corn mixture into small patties.
9. Coat the patties in flour, then egg, then breadcrumbs, and lay them on a tray or plate lined with parchment paper (if you have it).
10. *Optional: When all the patties are made, place the tray in the refrigerator and allow to chill for 30 minutes. This is optional but it will help the patties hold together.*
11. When ready to cook, place the cooking oil in a frying pan and bring to a medium temperature.
12. Cook the patties for 3 to 5 minutes on each side or until the panko crumbs are golden.

For the Chickpeas:

1. Drain and rinse the chickpeas to remove the excess salt.
2. Use the tomatoes with all of their liquid.
3. Drain the spinach and roughly chop the contents.
4. Bring a frying pan or skillet to a medium heat, and add the olive oil.
5. Add the chopped onions, season with salt and pepper, and sauté for 3 to 4 minutes.
6. Add the tomatoes, and cook for 3 to 4 minutes.
7. Add the paprika, chili, garlic, onion powder, salt, and pepper, and gently fold into the mixture.
8. Add the chickpeas, and combine.
9. Cook until most of the liquid from the tomatoes has evaporated.
10. Add the chopped spinach.
11. Cook gently for 3 to 5 minutes.
12. Check for seasoning, and add more salt and pepper as needed.
13. Add half of the chopped parsley.

TO SERVE:

1. Serve family style.
2. Lay the cooked chicken patties on top of the chickpeas.
3. Sprinkle with the rest of the parsley and the grated parmesan.

