



Cooking Made Easy

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Chipotle-Rubbed Chicken Salad with Pico de Gallo & Avocado



This upgraded burrito bowl will have you ditching your favorite Mexican takeout—we promise! Smoky chipotle chili powder and lime zest team up for an intensely flavorful coating on lightly charred chicken. Oregano-scented black beans and homemade pico de gallo are what truly sets this dinner apart.

35 min

level 1

nut free

lactose free

gluten free

spicy



Chicken Breast



Chipotle Chili Powder



Lime



Romaine Heart



Avocado



Black Beans



Red Onion



Jalapeño



Cilantro



Grape Tomatoes



Dried Oregano



Cumin

Ingredients

	2 People	4 People
Chicken Breast	2	4
Chipotle Chili Powder	1 t	2 t
Avocado	1	2
Lime	1	2
Romaine Heart	1	2
Dried Oregano	1 t	2 t
Black Beans	1 can	2 cans
Red Onion	1	2
Jalapeño	1	2
Grape Tomatoes	1 bunch	2 bunches
Cilantro	1 bunch	2 bunches
Cumin	1 t	2 t
Olive Oil*	3 T	6 T

*Not Included

Allergens

(None)

Tools

Zester, 2 Small Bowls, Large Pan, Whisk, Medium Bowl, Strainer

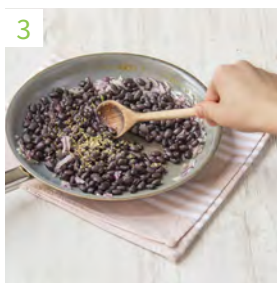
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Nutrition per person Calories: 808 cal | Carbs: 54 g | Fat: 37 g | Protein: 58 g | Fiber: 29 g



1 Quarter the **grape tomatoes**. Finely chop the **cilantro**. Halve, peel, and finely chop the **red onion**. Zest and juice the **lime**. Mince the **jalapeño**, removing the seeds and ribs if you prefer less heat. Drain and rinse the **black beans**.



2 In a small bowl, mix together the **chipotle chili powder**, ½ tablespoon **olive oil**, the **lime zest**, and a large pinch of **salt**. Rub the mixture onto the **chicken breasts**, coating them on all sides.



3 Heat ½ tablespoon **olive oil** in a large pan over medium heat. Add ¾ the **red onion** and cook, tossing, 5 minutes, until softened. Add the **black beans**, **cumin**, and **dried oregano** and cook, tossing, another 1-2 minutes. Taste and season with **salt** and **pepper** and set aside.



4 Heat another ½ tablespoon **olive oil** in the same pan over medium heat. Add the **chicken** to the pan and cook 4-5 minutes per side, until blackened and cooked through. Set aside to rest for 5 minutes.



5 **Make the vinaigrette:** in a small bowl, whisk together ¾ the **lime juice**, 2 tablespoons **olive oil**, and **half the cilantro**. Season with **salt** and **pepper**.

6 **Make the pico de gallo:** in a medium bowl, toss together the **tomatoes**, **remaining red onion**, **remaining cilantro**, **remaining lime juice**, and as much **jalapeño** as you dare. Season with **salt** and **pepper**.

7 Chop the **romaine heart** into 1-inch pieces. Halve, pit, and peel the **avocado**, then thinly slice. Thinly slice the **chicken breasts** against the grain.

8 **Assemble the salad:** mound the **romaine** onto plates and top with the **black bean mixture**, **sliced chicken**, and **pico de gallo**. Place **avocado slices** to each side and drizzle with the **vinaigrette**. Enjoy!