



VEGAN ONE-PAN CORN & BEAN TACO SALAD

with Pico de Gallo & Creamy Lime Dressing

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Corn



1 | 1
Lime



1 | 2
Baby Lettuce



¼ oz | ½ oz
Cilantro



1 | 2
Black Beans



1 TBSP | 2 TBSP
Fajita Spice Blend



2 TBSP | 4 TBSP
Vegan Mayonnaise



4 oz | 8 oz
Pico de Gallo



1½ oz | 3 oz
Blue Corn Tortilla Chips
Contains: Sesame



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10 oz | 20 oz
Chicken Breast Strips

Calories: 890



10 oz | 20 oz
Ground Turkey

Calories: 930



PREP: 5 MIN | COOK: 15 MIN | CALORIES: 690



HELLO

FAJITA SPICE BLEND

Classic fajita flavors like chili powder, paprika, cumin, and garlic

CHAR POWER

Be sure to drain and dry the corn thoroughly before going for that char in Step 2, or it may steam rather than brown.

BUST OUT

- Strainer
- Paper towels
- Large pan
- Large bowl
- Whisk
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp) (1 tsp | 1 tsp) Ⓢ Ⓢ
- Olive oil (1 TBSP | 2 TBSP)

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Ⓢ *Chicken is fully cooked when internal temperature reaches 165°.

Ⓢ *Ground Turkey is fully cooked when internal temperature reaches 165°.



1 PREP

- Wash and dry produce.
- Drain **corn**, then pat dry with paper towels. Quarter **lime**. Trim and discard root end from **lettuce**; cut into bite-size pieces. Roughly chop **cilantro**.
- Ⓢ Pat **chicken*** dry with paper towels. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or **turkey***; season with **salt** and **pepper**. Cook, stirring frequently, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



3 MAKE SALAD

- Meanwhile, in a large bowl, whisk together **mayonnaise**, **1 TBSP olive oil** (2 TBSP for 4 servings), **juice from half the lime** (juice from whole lime for 4), a **pinch of salt and pepper**, and as much **remaining Fajita Spice Blend** as you like.
- Add **water** 1 tsp at a time until mixture reaches a dressing-like consistency (we used 2 tsp; 4 tsp for 4).
- Add **lettuce** and **cilantro** to bowl with **dressing** and toss until thoroughly coated.



2 CHAR CORN & WARM BEANS

- Heat a **drizzle of oil** in a large pan over high heat. Add **corn** and cook, stirring occasionally, until golden brown and lightly charred in spots, 3-4 minutes.
- Meanwhile, drain and rinse **beans**. Once corn is lightly charred, add drained beans, **half the Fajita Spice Blend** (you'll use more in the next step), and a **pinch of salt and pepper** to pan; cook, stirring occasionally, until mixture is warmed through, 2-3 minutes more.

- Ⓢ Use pan used for chicken or turkey here.
- Ⓢ



4 SERVE

- Divide **salad** between bowls; top with **corn and bean mixture** and **pico de gallo**. Crumble as many **tortilla chips** as you like on top and serve with any **remaining lime wedges**.
- Ⓢ Top **salad** with **chicken** or **turkey** along with **corn and bean mixture**.