



# CHICKEN TACO SALAD

with Pickled Onion, Fajita Veggies & Creamy Chipotle Dressing

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Red Onion



1 | 2  
Green Bell  
Pepper



1 | 2  
Lime



1 | 2  
Roma Tomato



1 | 2  
Baby Romaine  
Lettuce



1 TBSP | 2 TBSP  
Southwest Spice  
Blend



10 oz | 20 oz  
Chicken Cutlets



4 TBSP | 8 TBSP  
Sour Cream  
Contains: Milk



1 tsp | 1 tsp  
Chipotle Powder



1.5 oz | 3 oz  
Blue Corn Tortilla  
Chips



1.5 oz | 3 oz  
Buttermilk Ranch  
Dressing  
Contains: Eggs, Milk

## HELLO

### SOUTHWEST SPICE

Chili powder, garlic, and cumin bring major flavor to savory chicken and veggies.



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 580



# HELLO FRESH

## AS YOU LIKE IT

Chipotle powder has a rich, smoky flavor and spiciness on par with a jalapeño (the pepper it's made from!). If you're spice-sensitive, start with a small pinch in the dressing in step 4, then taste and add more from there if desired. You're the chef, after all.

## BUST OUT

- Zester
- 2 Small bowls
- Large pan
- Paper towels
- Whisk
- Large bowl
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Sugar (¾ tsp | 1½ tsp)

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### 1 PREP & PICKLE ONION

- **Wash and dry all produce.**
- Halve, peel, and thinly slice **onion**. Zest and quarter **lime** (for 4 servings, zest one lime and quarter both). Core, deseed, and thinly slice **bell pepper**. Trim and discard root end from **lettuce**; chop leaves into bite-size pieces until you have 4 cups (8 cups for 4). Finely dice **tomato**.
- In a small microwave-safe bowl, combine ¼ of the onion, **juice from half the lime**, ½ tsp sugar, 1 TBSP water, and **salt**. (For 4 servings, use 1 tsp sugar and 2 TBSP water.) Stir until sugar and salt are mostly dissolved. Microwave for 30 seconds. Set aside to pickle, stirring occasionally, until ready to serve.



### 4 MAKE DRESSING

- In a second small bowl, whisk together **sour cream**, **ranch dressing**, a **squeeze of lime juice**, ¼ tsp sugar (½ tsp for 4 servings), a **pinch of chipotle powder** to taste, and a **pinch of lime zest** to taste. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper** to taste.



### 2 COOK VEGGIES

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **bell pepper**; cook, stirring occasionally, 2-3 minutes.
- Add **remaining onion**; season with **half the Southwest Spice** (you'll use the rest in the next step), **salt**, and **pepper**. Cook, stirring occasionally, until slightly tender, 4-5 minutes.



### 3 COOK CHICKEN

- While veggies cook, pat **chicken\*** dry with paper towels. Season all over with **remaining Southwest Spice**, **salt**, and **pepper**.
- Once **onion** is slightly tender, push **veggies** to one side of pan. Add another **drizzle of oil** to empty side, then add chicken; cook until browned and cooked through, 3-5 minutes per side. Remove pan from heat.
- Transfer chicken to a cutting board to rest.



### 5 MAKE SALAD

- In a large bowl, toss together **chopped lettuce**, **tomato**, and **half the dressing** (save the rest for serving). Season with a **big pinch of salt and pepper**.



### 6 FINISH & SERVE

- Thinly slice **chicken** crosswise. (Alternatively, dice into 1-inch pieces.)
- Divide **salad** between plates or large bowls; top with **fajita veggies**, chicken, and as much **pickled onion** (draining first) as you like. Drizzle with **remaining dressing** to taste. Crush **tortilla chips** and garnish with as many crushed tortilla chips as you like. **TIP: Drizzle bowls with hot sauce from your pantry if you want a spicy kick!**

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