



MAY  
2016

## Chopped Chicken Salad

with Charred Veggies and Avocado-Lime Dressing

Velvety avocado creates a delicious (and healthy!) base for this creamy dressing. Spiced chicken is paired with slightly charred peppers and onions to take this chopped chicken salad to the next level.



Prep: 10 min  
Total: 30 min



level 1



nut free



gluten free



Chicken Breasts



Romaine Lettuce Heart



Red Bell Pepper



Red Onion



Lime



Avocado



Cilantro



Sour Cream



Roma Tomato



Southwest Spice Blend



Cumin



Oregano

## Ingredients

	2 People	4 People
Chicken Breasts	12 oz	24 oz
Romaine Lettuce Heart	1	2
Red Bell Pepper	1	2
Red Onion	1	2
Lime	1	2
Avocado	1	2
Cilantro	¼ oz	½ oz
Sour Cream	1 T	2 T
Roma Tomato	1	2
Southwest Spice Blend	1 t	2 t
Cumin	1 t	2 t
Oregano	1 t	2 t
Olive Oil*	1 T	2 T

\*Not Included

## Allergens

1) Milk

## Tools

Baking sheet, Large pan, Large bowl, Medium bowl

**Nutrition per person** Calories: 487 cal | Fat: 24 g | Sat. Fat: 4 g | Protein: 43 g | Carbs: 27 g | Sugar: 9 g | Sodium: 173 mg | Fiber: 12 g

Ruler

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1



**1 Prep the veggies: Wash and dry all produce.** Preheat the oven to 400 degrees. Halve, peel, and slice the **onion** into wedges. Core, seed, and thinly slice the **bell pepper**. Toss the peppers and the onions on a baking sheet with a large drizzle of **olive oil** and season with **salt** and **pepper**. Place in the oven for 20 minutes, tossing halfway through cooking.

3



**2 Sear the chicken:** Season the **chicken** on all sides with the **Southwest spice blend**, **cumin**, and **oregano**. Heat a drizzle of **olive oil** in a large pan over high heat. Sear the chicken for 2-3 minutes per side, then transfer to the baking sheet in the oven for 8-10 minutes, until cooked through.

**3 Prep the remaining ingredients:** Core and dice the **tomato**. Pick the **cilantro leaves**, then finely chop the **stems**. Zest and halve the **lime**. Slice the **romaine lettuce** into ½-inch pieces and place in a large bowl.

4



**4 Make the avocado-lime dressing:** Halve, pit, and cube the **avocado**. Place half in a medium bowl with the **lime zest**, **cilantro stems**, and the **juice of half a lime**. Mash together with a fork until completely smooth. Mix in **1 Tablespoon sour cream**. Season with **salt**, **pepper**, and additional **lime juice**, if needed.

5



**5 Toss the salad:** Heat the broiler to high or the oven to 500 degrees. Cook the **chicken** and **veggies** for an additional 2-3 minutes, until they are slightly charred. Toss the charred **veggies** into the **romaine lettuce** along with the **tomatoes**, **cilantro leaves**, and **cubed avocado**. Stir the **avocado-lime dressing** into the salad and toss until evenly coated. Thinly slice the chicken.

**6 Plate and serve:** Serve the **chopped salad** topped with the **sliced chicken** and enjoy!

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