



# ONE-PAN PINEAPPLE SALSA CHICKEN TACOS

with Cilantro & Sour Cream

ONE PAN

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Tex-Mex Paste



1 TBSP | 2 TBSP  
Southwest  
Spice Blend



4 oz | 8 oz  
Pineapple



10 oz | 20 oz  
Chicken Breast  
Strips



1 | 2  
Yellow Onion



¼ oz | ½ oz  
Cilantro



1 | 2  
Lime



1 | 2  
Long Green  
Pepper



6 | 12  
Flour Tortillas  
Contains: Wheat



2 TBSP | 4 TBSP  
Sour Cream  
Contains: Milk



HELLO

### PINEAPPLE SALSA

Adding sweet, tangy, tropical notes to a richly spiced chicken filling

PREP: 10 MIN | COOK: 30 MIN | CALORIES: 660



## TOP-NOTCH 'TILLAS

In step 6, we instruct you to warm your tortillas in the microwave. If you have a few extra minutes, however, you can char your tortillas over the flames of your gas stove for smoky, fire-touched flavor and a crispier texture. Using tongs and working one at a time, place tortillas directly on the burner until lightly charred on both sides.

## BUST OUT

- Large bowl
- Paper towels
- Small bowl
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)

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## 1 MARINATE CHICKEN

- In a large bowl, combine **Tex-Mex paste** with **Southwest Spice**. Slightly open top of **pineapple cup** and pour **juice** into same bowl, leaving pineapple behind.
- Pat **chicken\*** dry with paper towels. Add chicken and a **big pinch of salt** to bowl; toss to combine. Set aside to marinate until step 5.



## 4 COOK VEGGIES

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **green pepper** and **sliced onion**. Cook, stirring occasionally, until lightly browned and slightly softened, 3-4 minutes. Season with **salt** and **pepper**. Reduce heat to medium.



## 2 PREP

- **Wash and dry produce.**
- Roughly chop **pineapple**. Halve, peel, and thinly slice **onion**; mince a few slices until you have 2 TBSP (**4 TBSP for 4 servings**). Roughly chop **cilantro**. Quarter **lime**. Halve, core, and thinly slice **green pepper** into strips.



## 5 COOK CHICKEN

- Add **chicken** and **marinade** to pan with **veggies**. Cook, stirring occasionally, until chicken is cooked through and marinade has reduced, 5-7 minutes. **TIP: If your marinade begins to burn before chicken is fully cooked, add a splash of water.**
- Remove pan from heat; stir in **remaining cilantro**.



## 3 MAKE SALSA

- In a small bowl, combine **pineapple**, **minced onion**, **half the cilantro**, and a **squeeze of lime juice** to taste. Season with **salt** and **pepper**.



## 6 WARM TORTILLAS & SERVE

- While chicken cooks, wrap **tortillas** in damp paper towels and microwave until warm and pliable, 30 seconds.
- Divide tortillas between plates and fill with **chicken mixture**. Top with **pineapple salsa** and dollop with **sour cream**. Serve with any **remaining lime wedges** on the side.

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