

Hello
FRESH



SEP
2016

Smoky Adobo Chicken Tacos

with Mango Slaw and Lime Crema

Don't get us wrong—we love chipotle peppers. But it's about time the tangy, smoky sauce that comes along with them got some love, don't you think? Adobo sauce, which is made from ground chiles, herbs, and vinegar, makes the perfect marinade. Cool lime crema and sweet mango slaw help to balance out the subtle heat in these irresistible tacos.



Prep: 10 min

Total: 30 min



level 2



nut
free



Chicken
Breasts



Flour
Tortillas



Lime



Sour Cream



Mango



Red
Onion




Red
Cabbage



Adobo
Sauce

Ingredients

		2 People	4 People
Chicken Breasts		12 oz	24 oz
Flour Tortillas	1)	6	12
Lime		1	2
Sour Cream	2)	4 T	8 T
Mango		1	2
Red Onion		1	1
Red Cabbage		4 oz	8 oz
Adobo Sauce 		1 oz	2 oz
Oil*		1 t	2 t

*Not Included

Allergens

- 1) Wheat
- 2) Milk

Tools

Zester, Peeler, Medium bowl, Large pan, Small bowl, Paper towel

Nutrition per person Calories: 632 cal | Fat: 18 g | Sat. Fat: 8 g | Protein: 47 g | Carbs: 66 g | Sugar: 19 g | Sodium: 613 mg | Fiber: 4 g



1 Prep: Wash and dry all produce. Preheat the oven to 400 degrees (if you have a microwave, you can skip this step). Zest and halve the **lime**. Halve, peel, and finely chop **half the red onion**. (Use the other half for another day.) Peel the **mango**, then cut into matchsticks.



2 Make the mango slaw: In a medium bowl, toss together the **mango, cabbage, chopped red onion**, juice of **half the lime**, and a pinch of **salt** and **pepper**. Set aside.



3 Butterfly the chicken: Place your hand on top of each **chicken breast**, and slice into the middle of the meat (parallel to the cutting board). Stop before cutting all the way through. Open the chicken up like a book, and season on both sides with **salt** and **pepper**. Rub or brush both sides with **1 Tablespoon adobo sauce**.



4 Cook the chicken: Heat a drizzle of **oil** in a large pan over medium-high heat. Cook 3-5 minutes per side, until slightly charred and cooked through. Set aside to rest 5 minutes before thinly slicing.

5 Make the crema and warm tortillas: While the **chicken** cooks, combine the **sour cream, lime zest**, and remaining **lime juice** in a small bowl. Season with **salt** and **pepper**. Wrap the **tortillas** in a damp paper towel, and microwave on high for 30 seconds. **HINT:** If you don't have a microwave, wrap the tortillas in foil and place in the oven for 5 minutes.

6 Finish and plate: Fill the **tortillas** with the **smoky adobo chicken**, **mango slaw**, and **lime crema**. Serve the tacos with any remaining mango slaw on the side. Enjoy!

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