



More than Food

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Chipotle-Rubbed Chicken Salad

with Pico de Gallo & Avocado

This upgraded burrito bowl will have you ditching your favourite Mexican takeout—we promise! Smoky chipotle chili powder and lime zest team up for an intensely flavourful coating on lightly charred chicken. Oregano-scented black beans and homemade pico de gallo are what truly sets this dinner apart.



Prep
30 min



level 1



nut
free



dairy
free



gluten
free



spicy



Chicken Breast



Chipotle Chili Powder



Lime



Romaine Heart



Avocado



Black Beans



Red Onion



Jalapeño



Cilantro



Grape Tomatoes



Dried Oregano



Cumin

Ingredients

	2 People	4 People
Chicken Breasts	2	4
Chipotle Chili Powder 	1 pkg	2 pkgs
Avocado	1	2
Lime	1	2
Romaine Heart, chopped	1 pkg	2 pkgs
Dried Oregano	1 pkg	2 pkgs
Black Beans	1 can	2 cans
Red Onion, finely chopped	1 pkg	2 pkgs
Jalapeño 	1	2
Grape Tomatoes	1 pkg	2 pkgs
Cilantro	1 pkg	2 pkgs
Cumin	1 pkg	2 pkgs
Olive or Canola Oil*		

*Not Included

Allergens

(None)

Tools

Zester, 2 Small Bowls,
Large Pan, Whisk,
2 Medium Bowls, Strainer

Nutrition per person Calories: 808 cal | Carbs: 54 g | Fat: 37 g | Protein: 58 g | Fiber: 29 g

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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1 Prep: Wash and dry all produce. Quarter the **grape tomatoes**. Finely chop the **cilantro**. Zest and juice the **lime**. Mince the **jalapeño**, if using, and remove the seeds and ribs if you prefer less heat. Drain and rinse the **black beans**.



2 In a small bowl, mix together the **chipotle chili powder**, a drizzle of **oil**, the **lime zest**, and a large pinch of **salt**. Rub the mixture onto the **chicken breasts**, coating them on all sides.



3 Heat a drizzle of **oil** in a large pan over medium heat. Add **3/4 of the red onion** and cook, tossing, 5 minutes, until softened. Add the **black beans, cumin, and dried oregano** and cook for another 1-2 minutes. Season with **salt and pepper**. Transfer to a medium bowl.

4 Cook the chicken: Heat another drizzle of **oil** in the same pan over medium heat. Add the **chicken** to the pan and cook 4-5 minutes per side, until browned and cooked through. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.) Set aside to rest for 5 minutes.

5 Make the vinaigrette: In a small bowl, whisk together **3/4 of the lime juice, 2 tbsp oil** and **half the cilantro**. Season with **salt and pepper**.



6 Make the pico de gallo: In a medium bowl, toss together the **tomatoes, remaining red onion, remaining cilantro, remaining lime juice**, and as much **jalapeño as you dare**. Season with **salt and pepper**.

7 Halve, pit and slice the **avocado** in the peel. Scoop out slices with a spoon. Thinly slice the **chicken breasts**.

8 Finish and serve: Mound the **romaine** onto plates and top with the **black bean mixture, sliced chicken** and **pico de gallo**. Place **avocado slices** to each side and drizzle with the **vinaigrette**. Enjoy!