



AUG
2016

Smoky Chicken Tacos

with Charred Corn, Sautéed Veggies, and Salsa Fresca

Celebrate taco Tuesday any day of the week with these crowd-pleasers. There's a bit of heat thanks to our unique southwest spice blend, a kick of tang from the lime crema, and a pop of color with the addition of sweet corn and succulent tomatoes. It's an unbeatable combination.



Prep: 10 min
Total: 30 min



level 1



nut
free



Chicken
Thighs



Flour
Tortillas



Southwest
Spice Blend



Red Bell
Pepper



Red
Onion



Lime



Roma
Tomato



Jalapeño
Pepper




Corn on
the Cob



Sour
Cream

Ingredients

	2 People	4 People
Chicken Thighs	12 oz	24 oz
Flour Tortillas	1)	12
Red Bell Pepper	1	2
Red Onion	1	1
Roma Tomato	1	2
Lime	1	2
Jalapeño Pepper 	1	2
Corn on the Cob	1 Ear	2 Ears
Sour Cream	2 T	4 T
Southwest Spice Blend	1 t	2 t
Olive Oil*	2 t	4 t

*Not Included

Allergens

- 1) Wheat
- 2) Milk

Tools

Zester, 2 Small bowls, Large pan, Foil

Ruler

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Nutrition per person Calories: 647 cal | Fat: 22 g | Sat. Fat: 7 g | Protein: 45 g | Carbs: 65 g | Sugar: 11 g | Sodium: 618 mg | Fiber: 5 g



1

1 Prep: Wash and dry all produce. Preheat the oven to 400 degrees. Shuck the **corn**, then cut the kernels off the cob. Core, seed, and thinly slice the **red bell pepper**. Core, seed, and dice the **tomato**. Halve, peel, and thinly slice the **onion**. Mince the **jalapeño**, removing the ribs and seeds if you prefer less heat. Zest and halve the **lime**, then cut one half into wedges. Thinly slice the **chicken** into strips.



2

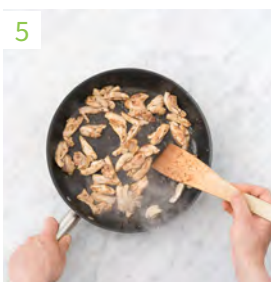
2 Make the lime crema: Combine the **sour cream**, **lime zest**, and a squeeze of **lime** in a small bowl. Season with **salt** and **pepper**. Thin to a drizzling consistency with 1 teaspoon or so of **water**.



4

3 Cook the veggies: Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add the **onion** and **bell pepper**. Cook, tossing, for 5-6 minutes, until slightly caramelized. Add the **corn**. Cook another 3-4 minutes, until slightly charred. Season with **salt** and **pepper**. Remove from pan and set aside.

4 Make the salsa fresca: Meanwhile, combine the **tomato**, a squeeze of **lime**, and as much **jalapeño** as you like (use with caution, start with 1 Tablespoon, you can always add more) in a small bowl. Season with **salt** and **pepper**.



5

5 Cook the chicken: Heat another drizzle of **olive oil** in the same pan over medium-high heat. Add the **chicken** strips to the pan. Cook 3-4 minutes per side, until browned and cooked through. Sprinkle with the **Southwest seasoning** and toss to combine. Season with **salt** and **pepper**.

6 Warm the tortillas and serve: Meanwhile, wrap the **tortillas** in foil, then place in the oven to warm about 5 minutes. Fill each tortilla with some **chicken**, **veggies**, **salsa fresca**, and **lime crema**. Serve the **smoky chicken tacos** with **lime wedges** for squeezing over and enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

