



Fast! Chicken Skillet

with Black Beans & Corn



ca. 20min



2 Servings

For a fast and fresh meal, we rely on chicken strips, which pack protein and flavor and cook in a snap. First, we sauté black beans and corn with cumin, a mild earthy and aromatic spice. Using only one skillet, we lay the chicken on the beans and corn, then broil it until tender and hot. We top it off with homemade lime crema, fresh tomatoes and cilantro, and a tasty and filling meal is on the table in only 5 steps!

What we send

- 15 oz can black beans
- 1 yellow onion
- 1 plum tomato
- 2½ oz corn
- ¼ oz ground cumin
- 10 oz pkg chicken breast strips
- 1 lime
- 1 oz sour cream ⁷
- ¼ oz fresh cilantro

What you need

- olive oil
- red wine vinegar (or white wine vinegar)
- kosher salt & ground pepper
- sugar

Tools

- fine-mesh sieve or colander
- medium skillet

Cooking tip

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Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 520kcal, Fat 20g, Carbs 45g, Protein 45g



1. Prep ingredients

Rinse and drain **black beans**. Halve and thinly slice **all of the onion**; finely chop 1 tablespoon.

Cut **tomato** into ½-inch pieces. In a small bowl, combine tomatoes, chopped onions, **1 tablespoon oil**, **1 teaspoon vinegar**, and **a pinch each of salt and sugar**. Set aside until step 6.



4. Make lime crema

Meanwhile, squeeze **1 teaspoon lime juice** into a small bowl; cut remaining lime into wedges. Stir **sour cream** into lime juice; season to taste with **salt and pepper**.



2. Sauté beans & corn

Heat **1 tablespoon oil** in a medium skillet. Add **onions** and cook, stirring occasionally, until browned and softened, 5-7 minutes.

Add **corn** and cook until just browned, 2 minutes more. Add **beans**, **⅓ cup water**, **2 teaspoons cumin**, and **a pinch of sugar**. Season to taste with **salt and pepper** and bring to a simmer, scraping up bits from the bottom of the skillet.



5. Chop cilantro & finish

Coarsely chop **cilantro leaves and stems**. Top skillet with **marinated tomatoes**, **a drizzle of lime crema**, and **cilantro**. Serve with **extra lime wedges** alongside.



3. CHICKEN VARIATION

Preheat broiler with a rack in the upper third.

Pat **chicken** dry and season all over with **salt and pepper**. To skillet with **vegetables**, add chicken in an even layer on top. Transfer to upper oven rack and broil until chicken is cooked through, 3-5 minutes (watch carefully as broilers vary).



6. Serve

Enjoy!