

DINNERLY



Protein-Packed Veggie Taco Salad

Developed by Our Registered Dietitian



20-30min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. Looking to shake up your salad routine? Taco-fy it! We're topping off this spinach bowl with saucy pinto beans, charred corn, marinated tomatoes, and quick-pickled onions. Toss in a guacamole dressing and watch this salad disappear before your eyes. We've got you covered!

WHAT WE SEND

- 1 red onion
- 2 plum tomatoes
- 5 oz corn
- 15 oz can pinto beans
- ¼ oz taco seasoning
- 2 (2 oz) guacamole
- 5 oz baby spinach

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- sugar
- apple cider vinegar (or vinegar of your choice)

TOOLS

- medium skillet

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 560kcal, Fat 24g, Carbs 73g, Protein 18g



1. Prep onion & tomatoes

Halve and thinly slice **onion**. Chop **tomatoes** into ½-inch pieces.

In a small bowl, combine **half of the tomatoes, 1 teaspoon oil, and a pinch each of salt, sugar, and pepper**; set aside to marinate.

In a second small bowl, combine ¼ cup of **the onions, 1 tablespoon vinegar, and a pinch each of salt and sugar**. Set aside to pickle, stirring occasionally.



4. Dress spinach & serve

Remove **pickled onions** from **pickling liquid**. To same bowl, add **1 tablespoon guacamole** and **1 tablespoon each of oil and water**; season to taste with **salt and pepper**. Add **spinach** to a large bowl, then toss with **guacamole dressing**.

Serve **taco salad** topped with **beans, marinated tomatoes, corn, pickled onions, and remaining guacamole**. Enjoy!



2. Char corn

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **corn**; season with **salt and pepper**. Cook, without stirring, until charred in spots, about 3 minutes. Transfer to a plate.



5. ...

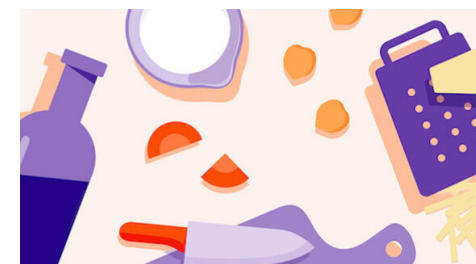
What were you expecting, more steps?



3. Cook beans

Add **remaining onions** to same skillet over medium heat. Cook, stirring, until softened, 3–4 minutes. Add **beans and their liquid, taco seasoning, and remaining tomatoes**. Cook, stirring, until liquid is reduced by half, 6–7 minutes.

Off heat, stir in **1 teaspoon vinegar** and ½ **teaspoon sugar**. Season to taste with **salt and pepper**.



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!