

DINNERLY



Low-Carb Chicken Taco Lettuce Cups with Pickled Onions & Cheddar



20-30min



2 Servings

We took chicken tacos for a walk on the lighter side by subbing in crunchy lettuce wraps for tortillas. Romaine leaves are stuffed to the brim with seasoned ground chicken, sweet corn, pickled onions, and cheddar! Go ahead and crunch into every bite—you won't miss the tortillas. We've got you covered!

WHAT WE SEND

- 1 red onion
- 10 oz pkg ground chicken
- ¼ oz taco seasoning
- 5 oz corn
- 1 romaine heart
- 2 oz shredded cheddar-jack blend ⁷

WHAT YOU NEED

- garlic
- apple cider vinegar (or red wine vinegar)
- sugar
- kosher salt & ground pepper
- olive oil

TOOLS

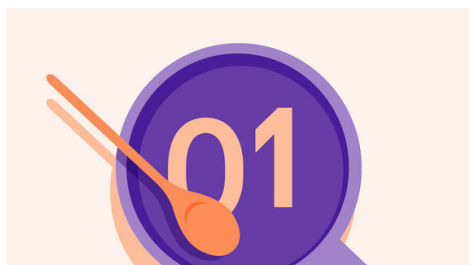
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

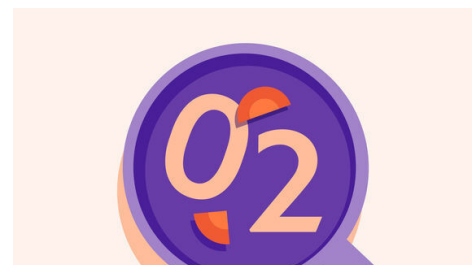
Calories 480kcal, Fat 21g, Carbs 32g, Protein 44g



1. Prep & pickle onion

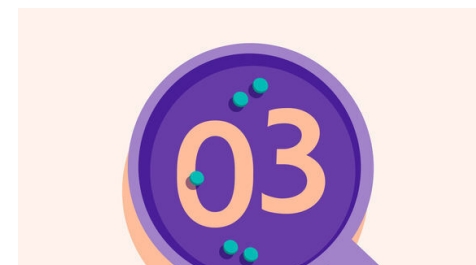
Finely chop **onion**. Finely chop **2 teaspoons garlic**.

In a small bowl, stir to combine **¼ cup chopped onions, 1 tablespoon vinegar, 1 teaspoon sugar, and ¼ teaspoon salt**. Set aside to pickle until ready to serve.



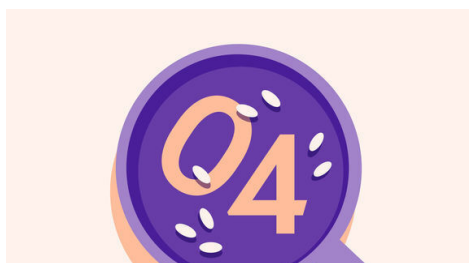
2. Brown onion & chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **remaining chopped onions and a pinch of salt**; cook, stirring occasionally, until softened and golden, 3–5 minutes. Add **ground chicken** and cook, breaking up into smaller pieces, until browned, 4–5 minutes. Drain off any excess fat.



3. Add seasoning & corn

To skillet with **chicken**, add **chopped garlic** and **2 teaspoons taco seasoning**; cook, stirring, until fragrant, about 1 minute. Stir in **corn** and **¾ cup water**; bring to a simmer. Cook until thickened and glossy, about 5 minutes. Season to taste with **salt** and **pepper**.



4. Finish & serve

Meanwhile, trim stem end from **lettuce**; separate leaves.

Serve **lettuce cups** with **chicken taco filling, pickled onions, and cheese**. Enjoy!



5. ...

What were you expecting, more steps?



6. ...

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