

DINNERLY



Low-Cal Chicken Tacos

with Shredded Cheddar & Fresh Tomato Salsa



20-30min



2 Servings

We're here to remind you that dinner can be delicious and satisfying without busting out the bells and whistles. Here, we're giving chicken a little TLC by coating it in taco seasoning, stuffing it in warm tortillas, and piling on crisp lettuce, juicy tomatoes, and cheddar cheese. The best part? The chicken is pre-sliced for optimal skillet to tortilla cook time. We've got you covered!

WHAT WE SEND

- 1 romaine heart
- 2 plum tomatoes
- 6 (6-inch) flour tortillas ^{1,2}
- ¼ oz taco seasoning
- ½ lb pkg boneless, skinless chicken strips
- 2 oz shredded cheddar-jack blend ³

WHAT YOU NEED

- garlic
- neutral oil
- white wine vinegar (or red wine vinegar)
- kosher salt & ground pepper

TOOLS

- medium nonstick skillet

ALLERGENS

Soy (1), Wheat (2), Milk (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 650kcal, Fat 38g, Carbs 44g, Protein 42g

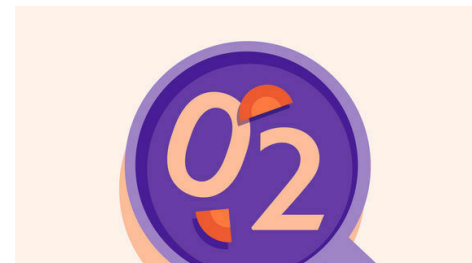


1. Prep veggies

Trim and discard stem end from **lettuce**, then halve lengthwise and thinly slice crosswise into thin ribbons.

Finely chop ½ **teaspoon garlic**. Coarsely chop **tomato**.

Finely chop or grate cheese, if necessary.



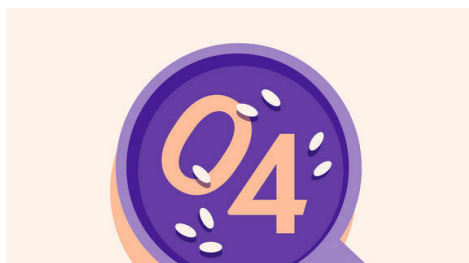
2. Marinate tomatoes

In a small bowl, whisk to combine **chopped garlic**, **1 tablespoon oil**, and **1½ teaspoons vinegar**. Add **tomatoes** and toss to coat. Season to taste with **salt** and **pepper**. Set aside until ready to serve.



3. Warm tortillas

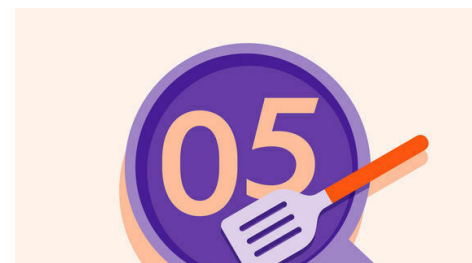
Heat a medium nonstick skillet over medium-high. Add **1 tortilla** at a time and cook until warmed through and lightly golden, about 30 seconds per side. Wrap in foil or a clean kitchen towel as you go to keep warm until ready to serve.



4. Season & cook chicken

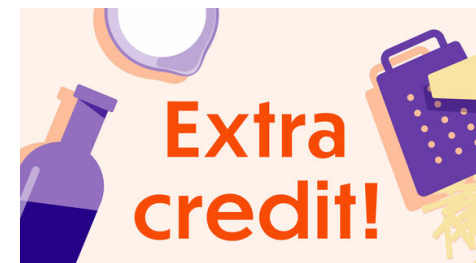
In a small bowl, stir to combine **taco seasoning** and **1 tablespoon oil**.

Pat **chicken** dry, then season with **salt**. Heat **1 tablespoon oil** in same skillet over medium-high. Add chicken in a single layer; cook until browned on the bottom, 2–3 minutes. Stir in **taco-spiced oil** and cook until chicken is coated and cooked through, about 2 minutes more.



5. Serve

Serve **warm tortillas** filled with **chicken**, **lettuce**, **marinated tomatoes**, and **cheese**. Enjoy!



6. Did you know?

Although reducing food waste is a top priority, sometimes in spite of best efforts, we end up with more (ingredients or food) than we need. When that happens, we still make sure it doesn't go to waste. One way of ensuring all of our nutritious food ends up on a table is by donating to local charities like Table to Table and Grace Place.