

DINNERLY



No Chop! Loaded Chicken & Black Bean Tacos

with Guac & Salsa



ca. 20min



2 Servings

Dinner needs to be on the table ASAP. Do you A) Order take-out for the umpteenth time? Or B) Make these loaded chicken and black bean tacos? Personally, we'd choose B. This dish requires absolutely no prepwork—simmer beans, season sour cream, toast tortillas, and assemble. So put your knife away and enjoy your Dinnerly without the stress or mess! We've got you covered!

WHAT WE SEND

- 15 oz can black beans
- ¼ oz taco seasoning
- 2 (1 oz) sour cream ⁷
- 6 (6-inch) flour tortillas ^{1,6}
- 2 (2 oz) guacamole
- 4 oz salsa
- ½ lb pkg chicken breast strips

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- garlic

TOOLS

- medium skillet
- microplane or grater

ALLERGENS

Wheat (1), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 700kcal, Fat 30g, Carbs 72g, Protein 43g



1. Prep garlic & sour cream

Grate 2 **teaspoons** garlic.

In a small bowl, stir to combine **all of the sour cream** and ½ **teaspoon of the grated garlic**; season to taste with **salt** and **pepper**.



2. Cook chicken

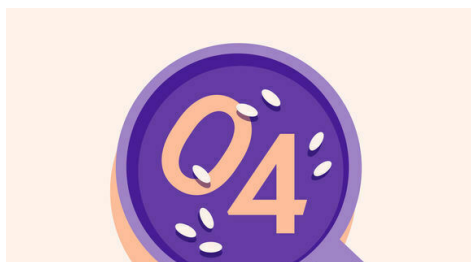
Pat **chicken** dry, then season all over with **salt** and **pepper**.

Heat 1 **tablespoon oil** in a medium skillet over medium-high. Add chicken in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more. Transfer to a plate.



3. Cook beans

Heat **remaining grated garlic** and 1 **tablespoon oil** in same skillet over medium-high. Once garlic sizzles, add **beans and their liquid, taco seasoning**, and ½ **cup salsa**. Bring to a simmer; cook until beans are thickened, about 5 minutes.



4. Assemble & serve

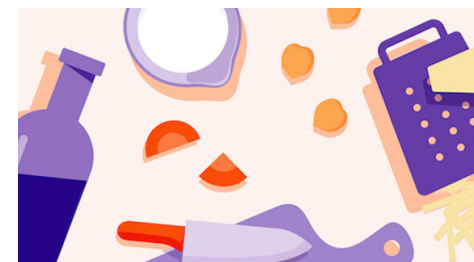
Toast one **tortilla** at a time over an open flame until lightly charred in spots, 5–10 seconds per side; wrap in foil or a clean kitchen towel as you go to keep warm (or toast tortillas in a medium skillet over high heat until lightly charred in spots, about 30 seconds per side).

Serve **beans** and **chicken** in **tortillas** with **guacamole, sour cream**, and **remaining salsa**. Enjoy!



5. ...

What were you expecting, more steps?



6. ...

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