

DINNERLY



No Chop! Low-Cal Chicken & Corn Tostadas

with Guacamole Crema



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 chicken tostadas? Personally, we'd choose B. This dish requires absolutely no prepwork—just toast the tortillas, cook the corn and chicken, and stir together a guacamole crema. So put your knife away and enjoy your Dinnerly without the stress or mess! We've got you covered!

WHAT WE SEND

- ½ lb pkg chicken breast strips
- 6 (6-inch) corn tortillas
- 2½ oz corn
- ¼ oz granulated garlic
- 1 lime
- 2 oz guacamole
- 1 oz sour cream ⁷

WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil
- butter ⁷

TOOLS

- rimmed baking sheet
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 570kcal, Fat 30g, Carbs 51g, Protein 33g



1. CHICKEN VARIATION

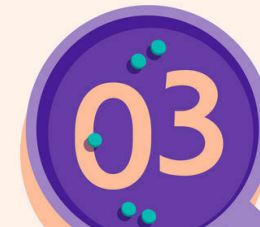
Preheat oven to 425°F with a rack in the upper third.

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



2. Toast tortillas

Lightly brush both sides of **tortillas** with **oil**. Transfer to a rimmed baking sheet and arrange in an even layer (it's okay if they overlap slightly). Bake on upper oven rack until golden and crisp, flipping tortillas and rotating sheets halfway through cooking time, 9–12 minutes (watch closely as ovens vary).



3. Cook corn & chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **corn** and cook, stirring occasionally, until browned in spots, about 3 minutes.

Add **chicken** in a single layer and cook until well browned on bottom, about 3 minutes. Stir; cook until nearly cooked through, about 1 minute. Add **1 tablespoon butter** and **½ teaspoon granulated garlic**; cook until fragrant, 30 seconds.



4. Make guacamole crema

Into a small bowl, squeeze **juice from half a lime**. Add **guacamole**, **sour cream**, **2 teaspoons oil**, and **¼ teaspoon salt**. Stir to combine and season to taste with **salt** and **pepper**.

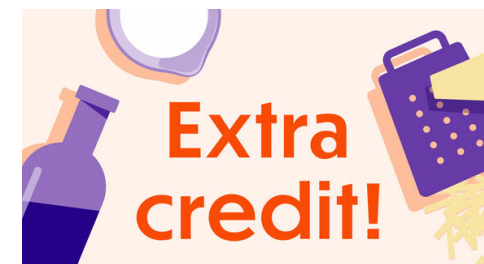
Cut remaining lime into wedges.



5. Assemble tostadas & serve

Season **chicken and corn** to taste with **salt** and **pepper**. Top **crisped tortillas** with **guacamole crema**, spreading to edges. Top with chicken and corn.

Serve **chicken and corn tostadas** with **lime wedges** alongside for squeezing over top. Enjoy!



6. Did you know?

As we made the switch to becoming a paperless company at our US and Australian sites, 2.6 million sheets of paper waste was avoided in 2020. As we implement this in all our sites, it will allow us to save more than 6 million sheets of paper per year globally.