

DINNERLY



Low-Carb Tex-Mex Chicken Salad with Corn & Cheddar



20-30min



2 Servings

The great thing about a taco salad, aside from the flavor, is how it scratches that taco itch without the taco mess. Everything fits right on your fork! These lean chicken breast strips, juicy tomatoes, sweet corn, and shredded cheddar-jack will convert even the most salad-averse. We've got you covered!

WHAT WE SEND

- ½ lb pkg chicken breast strips
- ¼ oz taco seasoning
- 1 romaine heart
- 1 plum tomato
- 2½ oz corn
- 2 oz shredded cheddar-jack blend ⁷

WHAT YOU NEED

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

TOOLS

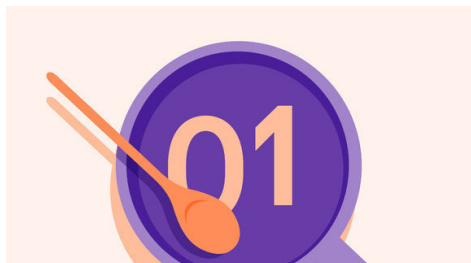
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

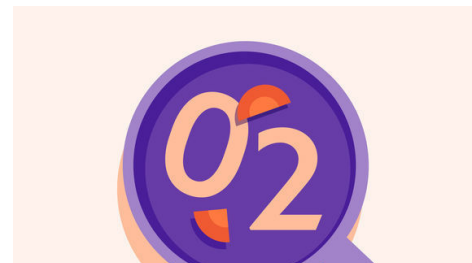
Calories 480kcal, Fat 34g, Carbs 15g, Protein 37g



1. Marinate chicken

Pat **chicken** dry.

In a medium bowl, stir to combine **2 teaspoons taco seasoning, 1 teaspoon oil, and a few grinds of pepper**. Add chicken, tossing to coat. Set aside to marinate at room temperature until step 4.

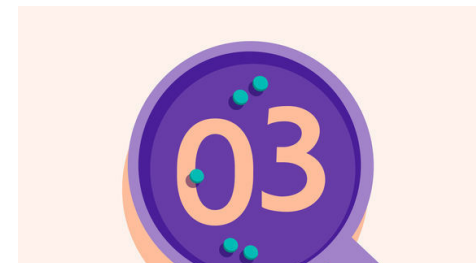


2. Prep veggies

Halve **lettuce** lengthwise, then cut crosswise into 2-inch pieces, discarding stem end.

Quarter **tomato**, then cut into ½-inch pieces.

Finely chop **1 teaspoon garlic**.



3. Make dressing & cook corn

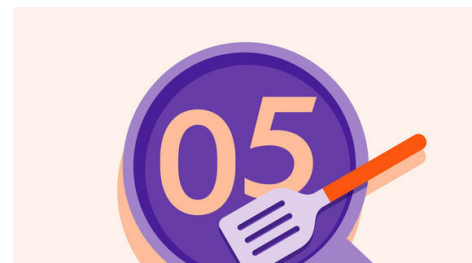
In a second medium bowl, stir to combine **1½ tablespoons each of oil and vinegar, ½ teaspoon taco seasoning, and a pinch of sugar**; season with **salt and pepper**.

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **corn and chopped garlic**; cook until garlic is lightly browned and fragrant, 1–2 minutes. Add to bowl with **dressing**; toss in **tomatoes** to coat.



4. CHICKEN VARIATION

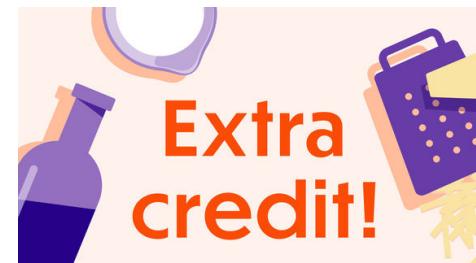
Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken** in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more (if skillet starts to scorch, add 1 tablespoon water at a time, as needed).



5. Assemble & serve

To bowl with **dressed corn and tomatoes**, add **lettuce** and toss to combine.

Serve **taco salad** topped with **chicken and cheese**. Enjoy!



6. Take it to the next level

Add a cool touch to this fiesta with a lime crema! In a small bowl, whisk together sour cream, lime juice, a pinch each of salt and pepper—even a dash of hot sauce if you're feeling spicy. Drizzle over taco salad bowls before serving.