

DINNERLY



Chicken Fajita Salad

Developed by Our Registered Dietitian



20-30min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. Get all the best things about sizzling hot fajitas without the extra carbs! We're talking charred chicken strips, caramelized veggies, and a dollop of cooling crema. If you needed proof that a salad can be exciting, here it is. We've got you covered!

WHAT WE SEND

- 1 yellow onion
- 1 green bell pepper
- 1 romaine heart
- ½ lb pkg chicken breast strips
- ¼ oz taco seasoning
- 1 oz sour cream ⁷

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)
- sugar

TOOLS

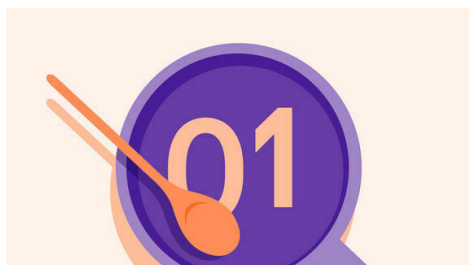
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 450kcal, Fat 32g, Carbs 19g, Protein 30g

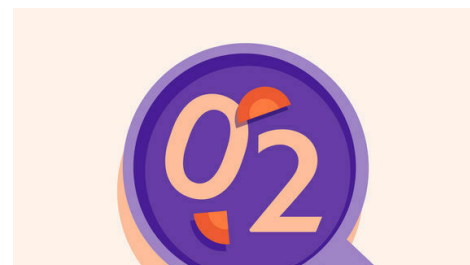


1. Prep veggies

Halve **onion** and cut into ¼-inch thick slices.

Halve **pepper**, discard stem and seeds, then cut into ¼-inch slices.

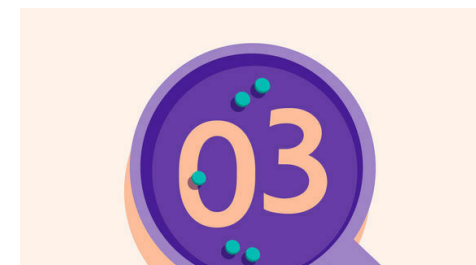
Halve **lettuce** lengthwise, then cut crosswise into 1-inch pieces, discarding stem.



2. Cook onions & peppers

Heat **2 tablespoons oil** in a medium skillet over medium-high. Add **onions and peppers**; season with **salt and pepper**. Cook, stirring occasionally, until softened and beginning to brown, about 6 minutes.

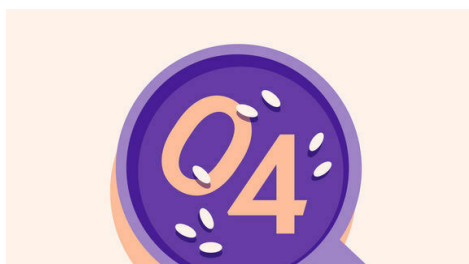
Continue cooking, adding **2 tablespoons water** at a time as needed and stirring occasionally, until liquid is evaporated and veggies are deeply browned, 4–5 minutes more.



3. Make salad

Meanwhile, in a medium bowl, whisk together **1 tablespoon oil**, **1 teaspoon vinegar**, and a pinch each of **sugar, salt, and pepper**. Add **lettuce** and toss to combine.

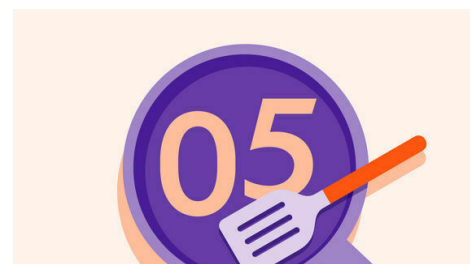
Divide into serving bowls; place **onions and peppers** over top.



4. CHICKEN VARIATION

Pat **chicken** dry.

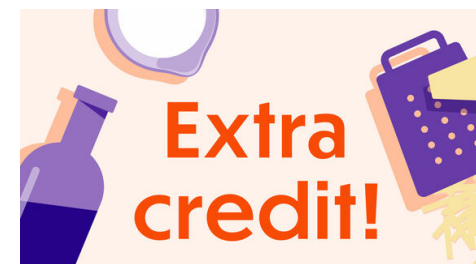
Heat **1 teaspoon oil** in same skillet over medium-high. Add chicken and **2 teaspoons taco seasoning**; cook, without stirring, until well browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 more minutes.



5. Make crema & serve

Meanwhile, in a small bowl, combine **sour cream**, **¼ teaspoon taco seasoning**, and **1 teaspoon oil**. Thin with **1 teaspoon water** at a time, as needed, until it drizzles from a spoon. Season with **salt and pepper**.

Serve **chicken** over **fajita salad** with **crema** spooned over top. Enjoy!



6. Make it a burrito bowl!

If carbs are your thing, make it a burrito bowl. It's a great way to use up leftover grains (like rice) or tortillas.