

DINNERLY



Chicken Tinga Tostadas with Refried Beans & Pickled Onions



under 20min



2 Servings

Is it just us, or is there something kind of mesmerizing about these perfect little circles swirling with tender, saucy chicken, refried pinto beans, quick-pickled onions, and sour cream? You'd better eat them up quick before you get hypnotized! We've got you covered!

WHAT WE SEND

- 1 red onion
- 6 (6-inch) flour tortillas ^{1,2}
- 16 oz can refried beans ¹
- ½ lb pkg chicken breast strips
- ¼ oz granulated garlic
- 4 oz red enchilada sauce
- 2 (1 oz) sour cream ³

WHAT YOU NEED

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

TOOLS

- rimmed baking sheet
- microwave
- medium skillet

COOKING TIP

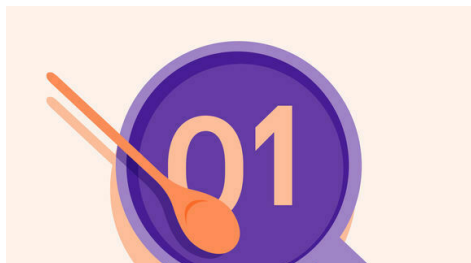
Don't have a microwave? Heat the refried beans in a small saucepan over medium-low, stirring occasionally, until warmed through.

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

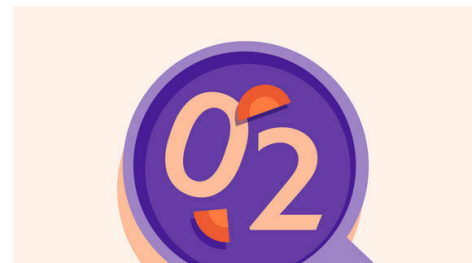
Calories 800kcal, Fat 33g, Carbs 94g, Protein 45g



1. Prep onions

Preheat oven to 450°F with a rack in the center.

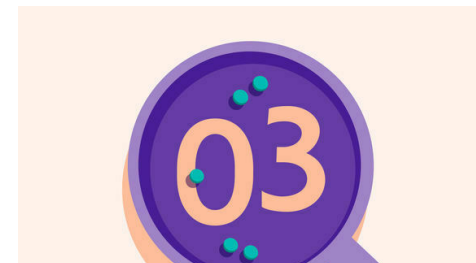
Finely chop **half of the onion** (save rest for own use). Add half of the chopped onions to a small bowl with **2 teaspoons sugar** and **1 teaspoon salt**. Using your fingers, massage onions until softened. Stir in **¼ cup vinegar**; set aside, stirring occasionally, until step 5.



2. Bake tostadas

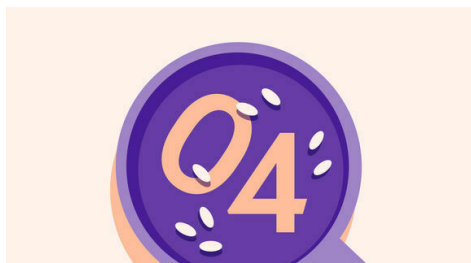
Arrange **tortillas** on a rimmed baking sheet in a single layer (it's ok if they overlap slightly). Drizzle both sides generously with **oil**, then sprinkle with **salt**.

Bake on center oven rack until crisp and browned in spots, flipping halfway through cooking time, 8–12 minutes (watch closely as ovens vary).



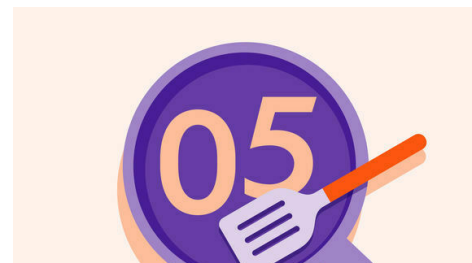
3. Heat refried beans

Transfer **refried beans** to a small microwave-safe bowl; microwave on high until beans are warmed through, stirring halfway through cooking time, 2–3 minutes. Cover to keep warm and set aside until ready to serve (see cooking tip).



4. Cook chicken

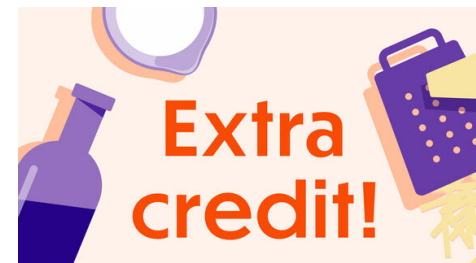
Pat **chicken** dry; season with **salt** and **pepper**. Heat **2 tablespoons oil** in a medium skillet over medium-high. Add chicken; cook until light golden-brown on the bottom, 2–3 minutes. Add **remaining chopped onions** and **¼ teaspoon garlic**; cook until onions are translucent, 2 minutes. Add **enchilada sauce** and **½ cup water**; simmer until sauce is reduced by $\frac{2}{3}$, 3–5 minutes.



5. Finish & serve

Shred **chicken** in skillet with 2 forks. Stir in **1 teaspoon vinegar**; season to taste with **salt** and **pepper**. In a small bowl, thin **sour cream** with **1 teaspoon water** at a time until it drizzles from a spoon; season to taste.

Spread **refried beans** over **baked tortillas**. Serve **chicken tinga tostadas** topped with **chicken**, **pickled onions**, and **sour cream**. Enjoy!



6. Did you know?

Ordering Dinnerly is not only more convenient, but it also reduces your carbon footprint. A study from the University of Michigan found that cooking with meal kits (including packaging) generates a much lower carbon footprint than purchasing the same ingredients at the grocery store. Considering every step in the process, average greenhouse gas emissions are $\frac{1}{3}$ lower when cooking with meal kits.