



# MARLEY SPOON



## Chicken Cutlet Taco Salad

with Pickled Onions & Avocado Dressing

 30-40min  2 Servings

This hearty salad channels all of our favorite taco flavors into a healthy, satisfying one-pan dinner. We layer crisp chicken cutlet, taco-spiced kidney beans, fresh tomatoes, quick-pickled onions, and crispy tortilla strips over lettuce and drizzle it with a creamy guacamole dressing. Toasted pumpkin seeds on top add a delightful extra crunch.



## What we send

- 1 red onion
- ¼ oz fresh cilantro
- 2 plum tomatoes
- 15 oz can kidney beans
- 6 (6-inch) corn tortillas
- 5 oz corn
- ½ lb pkg ready to heat chicken cutlets <sup>1,2,3</sup>
- ¼ oz taco seasoning
- 2 oz guacamole
- 1 romaine heart
- 1 oz pumpkin seeds

## What you need

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

## Tools

- fine-mesh sieve
- medium nonstick skillet

## Allergens

Egg (1), Milk (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 990kcal, Fat 59g, Carbs 90g, Protein 37g



### 1. Prep ingredients

Halve and thinly slice **half of the onion** (save rest for own use). Pick **cilantro leaves** from **stems**; finely chop stems, keeping leaves whole. Cut **tomatoes** into ½-inch pieces. In a small bowl, combine **cilantro stems, half of the tomatoes, 1 teaspoon oil**, and **a pinch each of salt, pepper, and sugar**; set aside until step 6. Drain **beans**, reserving **⅓ cup bean liquid**.



### 4. Fry tortilla strips

Heat **¼-inch oil** in same skillet over medium-high until shimmering. Carefully, add **tortilla strips** and fry, stirring occasionally, until golden brown and crisp, 3-5 minutes (watch closely). Use a slotted spoon to transfer to a paper towel-lined plate and sprinkle tortilla strips with **salt**. Carefully discard **all but 1 tablespoon oil** from skillet; return skillet to medium heat.



### 2. Pickle onions

In a medium bowl, toss **¼ cup of the sliced onions** with **1 tablespoon vinegar** and **a pinch each of salt and sugar**. Set aside to pickle, stirring occasionally, until step 6.

Heat **2 tablespoons oil** in a medium nonstick skillet over medium-high. Add **chicken cutlets**; cook until golden brown, crispy, and warmed through, 2-4 minutes per side. Transfer to a paper towel-lined plate.



### 5. Cook beans

Add **remaining sliced onions** to skillet. Cook, stirring, until browned in spots, 3-4 minutes. Add **beans and reserved liquid, taco seasoning** and **remaining tomatoes**. Cook, stirring, until liquid is reduced by half, 6-7 minutes. Remove from heat, stir in **½ teaspoon vinegar** and **¼ teaspoon sugar**. Mash half of the beans with back of spoon. Season to taste with **salt and pepper**.



## THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

### 3. Prep tortillas, char corn




Halve **3 tortillas** (save rest for own use); stack, then thinly slice into ¼-inch wide strips. Heat **1 teaspoon oil** in same skillet over medium-high. Add **corn** and cook, stirring occasionally, until warmed through and charred in spots, about 3 minutes. Season to taste with **salt** and **pepper**. Transfer corn to a bowl. Wipe out skillet.

Cut **chicken cutlets** into ½-inch slices.



### 6. Finish & serve

Remove **pickled onions** from **pickling liquid**. To bowl with pickling liquid, add **guacamole** and **1 tablespoon each of oil and water**; season dressing to taste. Halve **romaine**; thinly slice crosswise. Toss **lettuce** with **dressing**. Serve **lettuce** topped with **chicken cutlets, beans, marinated tomatoes, corn, pickled onions, pepitas**, and **whole cilantro leaves**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)  
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