



Chicken Taco Salad

with Black Beans & Crispy Tortilla Strips



30-40min



2 Servings

Less messy than a crunchy taco, this salad has all of the classic components—seasoned ground chicken, tomatoes, lettuce, sour cream—but with fork-and-knife convenience. D.I.Y. tortilla strips are crisped in the oven, and ground chicken is browned with black beans and a chorizo chili spice blend. The finished salad is at once savory, hearty, crunchy, and refreshing.

What we send

- 2 scallions
- 1 lime
- 2 plum tomatoes
- 1 romaine heart
- ¼ oz fresh cilantro
- 6 (6-inch) corn tortillas
- 2 (1 oz) sour cream ⁷
- 10 oz pkg ground chicken
- ¼ oz chorizo chili spice blend
- 15 oz can black beans

What you need

- olive oil
- kosher salt & ground pepper

Tools

- microplane or grater
- rimmed baking sheet
- large skillet

Allergens

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

Nutrition per serving

Calories 600kcal, Fat 22g, Carbs 55g, Protein 46g



1. Prep ingredients

Preheat the oven to 425°F with a rack in the center. Finely chop **half of the scallions**; thinly slice **remaining scallions**.

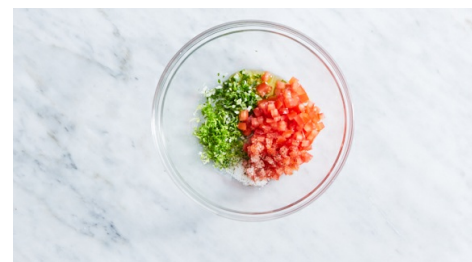
Finely grate **1 teaspoon lime zest** and squeeze **all of the lime juice** into a large bowl.

Coarsely chop **tomatoes**. Thinly slice **romaine** crosswise, discarding end. Finely chop **cilantro leaves and stems**.



4. Brown chicken

Heat **1 teaspoon oil** in a large skillet over medium-high. Add **ground chicken** and **all of the chorizo chili spice blend** (or less, depending on heat preference); season with **salt and pepper**. Cook, breaking up into large pieces, until meat is browned and cooked through, 5-7 minutes. Carefully spoon off any excess fat.



2. Marinate tomatoes

Add **chopped scallions** to large bowl with **lime zest and juice**. Whisk in **1 tablespoon oil**.

Add **tomatoes to dressing** and toss gently to combine. Season to taste with **salt and pepper**. Let tomatoes stand at room temperature to marinate until step 6.



5. Cook chicken & beans

Add **beans and their liquid** to skillet with **chicken**. Simmer over medium-high until beans are warm and liquid is slightly reduced, 2-3 minutes.

Remove from heat. Season to taste with **salt and pepper**.



3. Bake strips & make crema

Brush **tortillas** lightly with **oil**. Season with **a pinch each of salt and pepper**. Stack oiled tortillas; cut into ¼-inch strips. Spread on a rimmed baking sheet. Bake on center rack, stirring once, until golden brown, 8-12 minutes (watch closely as ovens vary).

In a small bowl, thin **sour cream** by adding **1 teaspoon water** as needed; season to taste with **salt and pepper**.



6. Finish salad & serve

Add **sliced scallions, romaine, cilantro, and tortilla strips** to **marinated tomatoes**, tossing gently to combine. Season to taste with **salt and pepper**.

Serve **salad** with **seasoned chicken and beans** spooned over top, and drizzle with **crema**. Enjoy!