

DINNERLY

Low Carb Chicken Taco Bowl

with Black Bean Salsa



ca. 20min



2 Servings

WHAT WE SEND

- 1 romaine heart
- 1 plum tomato
- ¼ oz taco seasoning
- 2 oz shredded cheddar-jack blend ⁷
- 1 lime
- 15 oz can black beans
- 1 oz sour cream ⁷
- 10 oz pkg ground chicken

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper

TOOLS

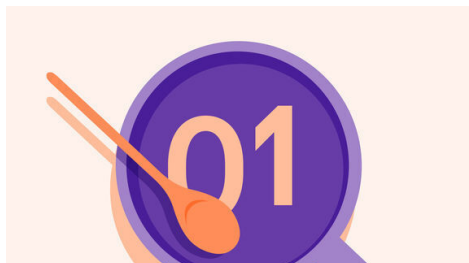
- medium skillet

ALLERGENS

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

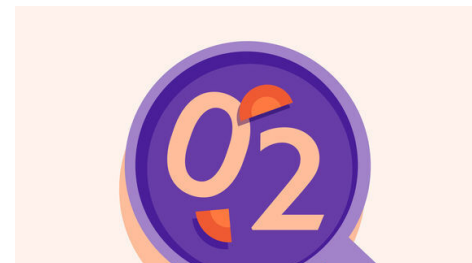
NUTRITION PER SERVING

Calories 490kcal, Fat 17g, Carbs 37g, Protein 51g



1. Prep ingredients

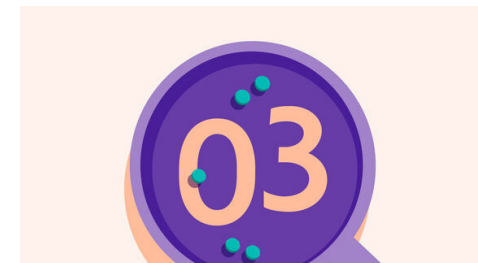
Cut tomato into ½-inch pieces. Zest lime. Drain beans and rinse with cold water, drain again. Finely grate ½ teaspoon garlic. Thinly slice romaine into ribbons.



2. Make salsa

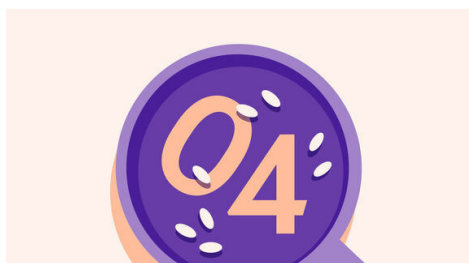
In a medium bowl, combine beans, tomatoes, 1 tablespoon oil, half of the grated garlic, the juice from half a lime and half of the lime zest. Season to taste with salt and pepper.

In a small bowl, mix sour cream, and remaining lime zest and grated garlic. Thin out with water to reach a drizzle consistency, starting with 1 teaspoon. Season to taste with salt and pepper.



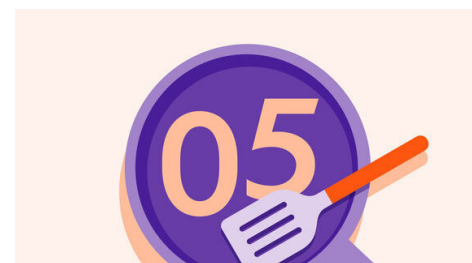
3. Cook chicken

Heat 1 tablespoon oil in medium skillet over medium high. Add chicken and season with salt and pepper. Cook, breaking up into smaller pieces, until chicken is cooked through and beginning to brown, 5—7 minutes.



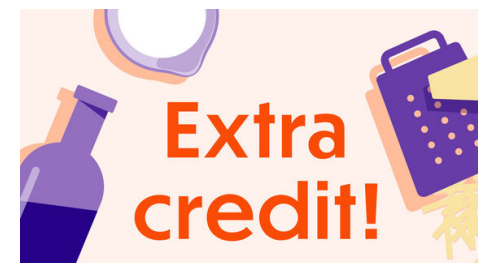
4. Season chicken

Reduce skillet heat to medium and add in taco seasoning. Stir until chicken is evenly coated. Add 2 tablespoons of water and bring to a simmer scraping up bits from the bottom of the pan. Stir in half of the shredded cheddar and season mixture to taste with salt and pepper.



5. Assemble bowl

Transfer shredded romaine to a plate. Top with black bean salsa and then the chicken mixture. Sprinkle remaining cheese over the top and drizzle with lime crema. Serve with extra wedges of lime on the side if desired. Enjoy!



6.