

DINNERLY



Low-Carb Grilled Chicken Fajita Bowl with Cheddar



30-40min



2 Servings

Don't get it twisted, this lighter take on grilled chicken fajitas is skinny on cals, but huge on flavor. You still get the usuals—grilled chicken, onions, sweet bell peppers, and indulgent cheese—just without calorie-laden tortillas and rice! We've got you covered!

WHAT WE SEND

- 1 red onion
- 1 bell pepper
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz ground cumin
- 2 oz shredded cheddar-jack blend¹

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper
- apple cider vinegar (or red wine vinegar)

TOOLS

- grill or grill pan

ALLERGENS

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

NUTRITION PER SERVING

Calories 550kcal, Fat 37g, Carbs 17g, Protein 43g



1. Prep veggies

Preheat a grill or grill pan over high.

Slice **onion** into ½-inch thick rings. Quarter **pepper** lengthwise, then discard stem and seeds. Finely chop ½ **teaspoon garlic**.

In a medium bowl, toss peppers and onions with a **drizzle of oil**; season with **salt** and **pepper**.



2. Grill veggies

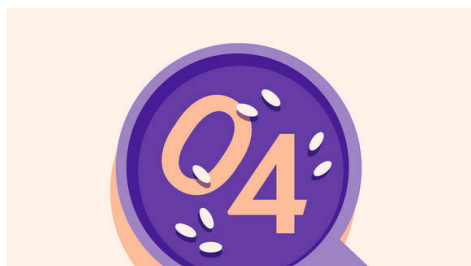
Reduce grill heat to medium-high and lightly **oil** grill grates. Add **onion rings** and **peppers**; cover and cook, turning occasionally, until veggies are lightly charred and crisp-tender, 10–15 minutes.



3. Prep dressing & chicken

While **veggies** cook, in a medium bowl, whisk to combine 2 **teaspoons vinegar**, **chopped garlic**, and 2 **tablespoons oil**; season to taste with **salt** and **pepper**.

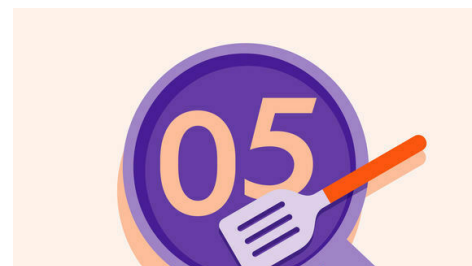
Pat **chicken** dry, then pound to an even ½-inch thickness, if necessary. Rub with 1 **tablespoon oil**, then season all over with 1½ **teaspoons cumin**, ½ **teaspoon salt**, and a **few grinds of pepper**.



4. Grill chicken

Transfer **grilled veggies** to bowl with **dressing** and toss to coat; cover and set aside to marinate.

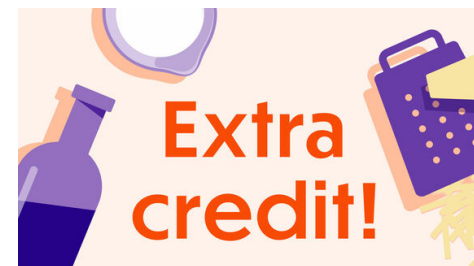
Add **chicken** to grill; cook, turning occasionally, until lightly charred and cooked through, about 8 minutes. Transfer to plates.



5. Finish & serve

Remove **marinated grilled veggies** from **dressing**.

Serve **grilled chicken** with **veggies** alongside and **remaining dressing** spooned over top. Sprinkle with **cheddar**. Enjoy!



6. No grill, no problem!

Use a skillet! Heat 2 **teaspoons oil** in a medium skillet over medium-high. Add onion rings and peppers; cover and cook, turning, until lightly charred and crisp-tender, 10–15 minutes. Transfer veggies to dressing. Heat 2 **tablespoons oil** in same skillet. Add chicken and cook, turning occasionally, until lightly charred and cooked through, about 3–4 minutes per side.