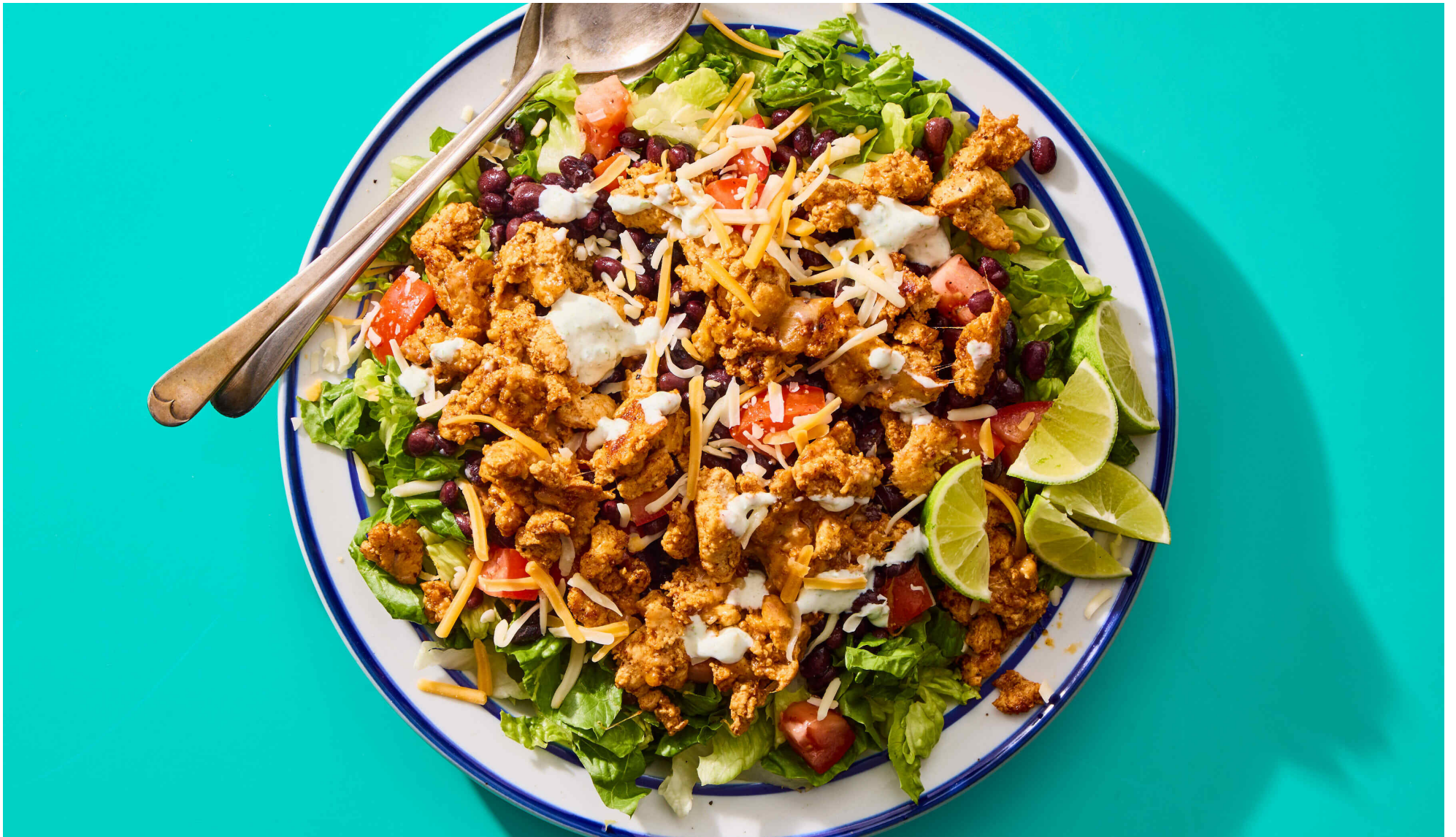


# DINNERLY



## Low-Carb Chicken Taco Bowl

with Black Bean Salsa & Lime Crema



20-30min



2 Servings

Is a taco bowl the best kind of bowl? Dig in and decide. We've got you covered!

### WHAT WE SEND

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

### WHAT YOU NEED

- garlic
- neutral oil
- kosher salt & ground pepper

### TOOLS

- colander
- microplane or grater
- medium skillet

### ALLERGENS

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

### NUTRITION PER SERVING

Calories 610kcal, Fat 32g, Carbs 34g, Protein 50g



#### 1. Prep ingredients

Cut **tomato** into ½-inch pieces. Finely grate **all of the lime zest**.

Drain **beans** and rinse with cold water, then drain again. Finely grate ½ **teaspoon garlic**. Thinly slice **romaine** into ribbons. Halve **lime**; cut 1 half into wedges for serving.



#### 2. Make salsa & crema

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

In a small bowl, mix together **sour cream** and **remaining lime zest and grated garlic**. Thin with water, 1 teaspoon at a time, to reach a pourable consistency. Season with **salt** and **pepper**.



#### 3. Cook chicken

Heat **1 tablespoon oil** in a 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.



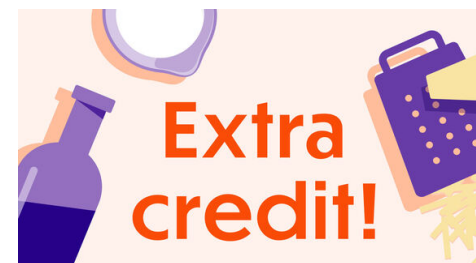
#### 4. Season chicken

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



#### 5. Assemble bowl & serve

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



#### 6. Add a little bit of...

SPICE! Hot sauce addict? Obsessed with red pepper flakes? Or maybe you've written poems about how much you love pickled jalapeños? Personalize your bowl with whichever spice you think is nice!