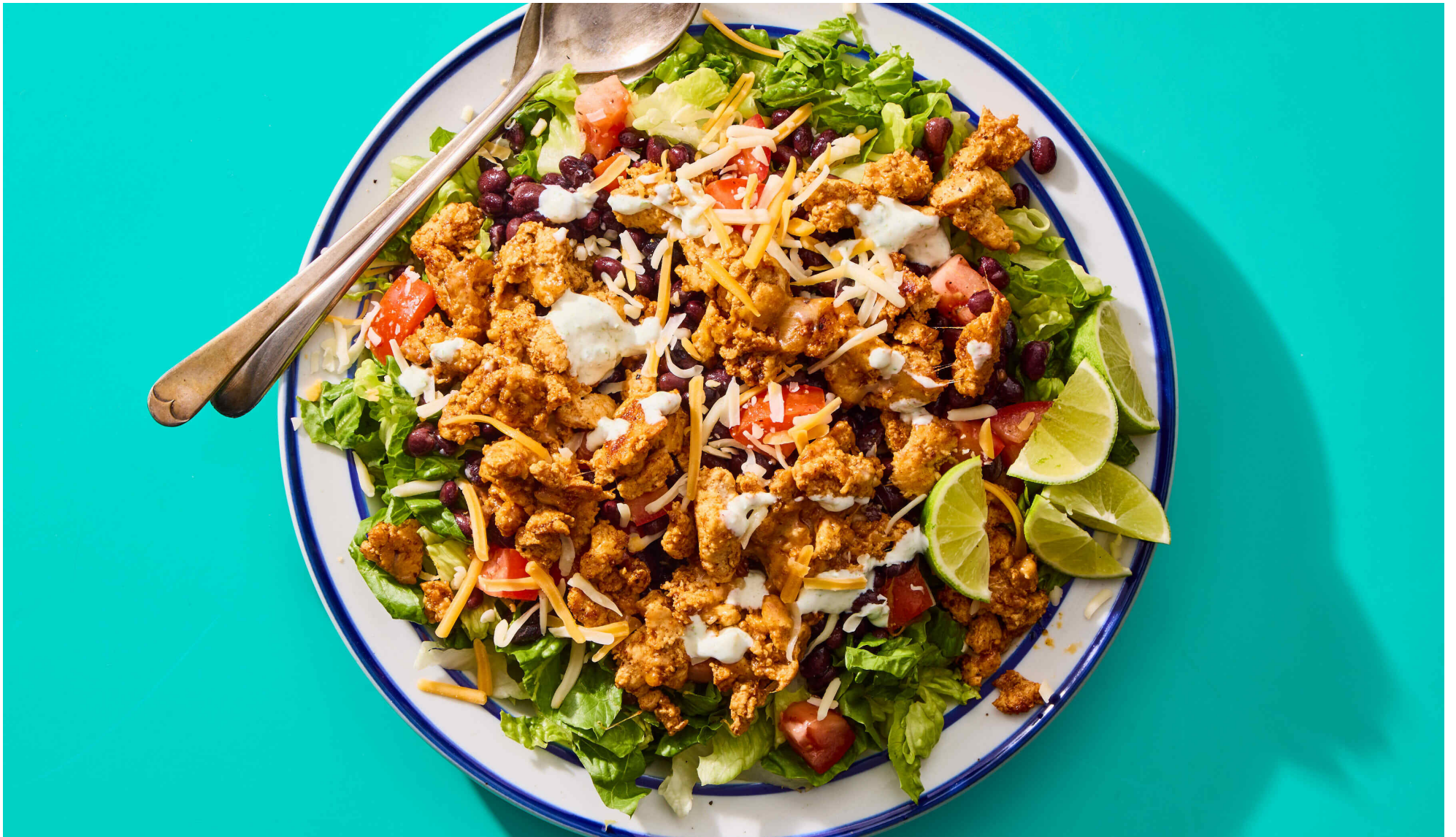


DINNERLY



Low-Carb Chicken Strip 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 cream¹
- ½ lb pkg chicken breast strips
- ¼ oz taco seasoning
- 2 oz shredded cheddar-jack blend¹

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 550kcal, Fat 31g, Carbs 34g, Protein 45g



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. CHICKEN STRIP VARIATION

Pat **chicken** dry; cut into 1-inch pieces if necessary, then season all over with **taco seasoning**, **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more.



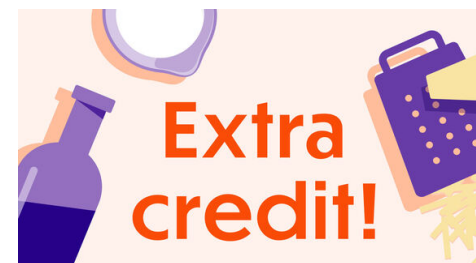
4. Finish chicken

Reduce skillet heat to medium and add ¼ **cup water** and bring to a simmer, scraping up any bits from bottom of the pan. Sprinkle with **half of the shredded cheese**, remove from heat, and set aside until ready to serve.



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!