

# DINNERLY



## Skinny Grilled Chicken Fajitas 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 medium onion
- 1 bell pepper
- garlic
- 1 lime
- ½ lb pkg boneless, skinless chicken breasts
- ¼ oz pkt ground cumin
- 2 oz shredded cheddar-jack blend <sup>7</sup>

### WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

### TOOLS

- grill or grill pan

### ALLERGENS

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

### NUTRITION PER SERVING

Calories 530kcal, Fat 38g, Carbs 17g, Proteins 32g



#### 1. Prep veggies

Preheat a grill or grill pan over high. Slice **onion** into ½-inch thick rings. Quarter **bell pepper** lengthwise, then remove stem and seeds. Finely chop ½ **teaspoon garlic**.

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



#### 2. Grill veggies

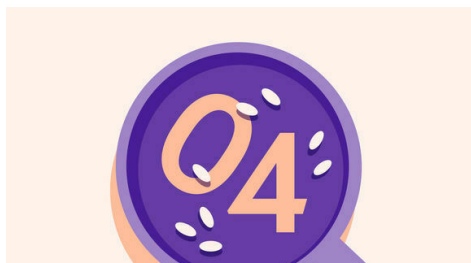
Reduce grill heat to medium-high and lightly **oil** grill grates. Add **onion rings** and **peppers**, then cover and grill, turning occasionally, until veggies are lightly charred and crisp-tender, 10–15 minutes.



#### 3. Prep dressing & chicken

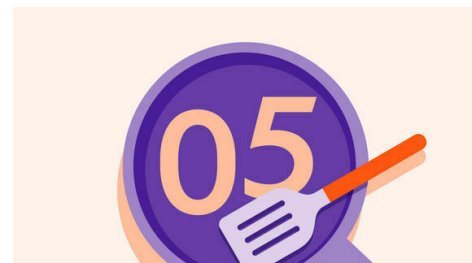
Meanwhile, squeeze 1 **tablespoon lime juice** into a large bowl. Whisk in **chopped garlic** and 2 **tablespoons oil**; season to taste with **salt** and **pepper**.

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



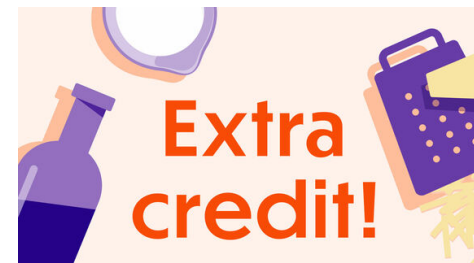
#### 4. Grill chicken

Transfer **grilled veggies** to bowl with **lime dressing**, toss to coat, and cover; set aside to marinate. Add **chicken** to grill and cook, turning occasionally, until lightly charred and cooked through, about 8 minutes. Transfer chicken to plates.



#### 5. Finish & serve

Remove **marinated grilled veggies** from **dressing** and serve alongside **grilled chicken**. Spoon **remaining dressing** over top of **chicken and veggies**. 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 lime 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.