



# Smart Mexican-Inspired Chicken Tender Salad

with Lime Crema Dressing

Carb Smart

Calorie Smart

Spicy

30 Minutes



Chicken Tenders



Turkey Breast Portions



Enchilada Spice Blend



Spring Mix



Roma Tomato



Green Onion



Lime



Sour Cream



Chipotle Powder



Garlic, cloves

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

### HELLO CHIPOTLE POWDER

Smoked jalapeño peppers are dried, then ground into a spicy powder!

# Start here

Before starting, wash and dry all produce.

### Heat Guide for Step 2:

- Mild: ¼ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp
- Extra-spicy: 1 tsp

## Bust out

2 Medium bowls, measuring spoons, zester, large bowl, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Tenders ♦	310 g	620 g
Turkey Breast Portions	340 g	680 g
Enchilada Spice Blend	1 tbsp	2 tbsp
Spring Mix	113 g	227 g
Roma Tomato	160 g	320 g
Green Onion	1	2
Lime	1	2
Sour Cream	3 tbsp	6 tbsp
Chipotle Powder 🌶️	½ tsp	1 tsp
Garlic, cloves	1	2
Oil*		
Salt and Pepper*		

- \* Pantry items
- \*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.
- ♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

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## Prep veggies

Cut **tomatoes** into ½-inch pieces. Thinly slice **green onion**. Zest, then juice **lime**.



## Prep chicken

Pat **chicken** dry with paper towels. Add **chicken, garlic puree, Enchilada Spice Blend** and **¼ tsp chipotle powder** to a medium bowl. (**NOTE:** Reference heat guide.) Season with **salt** and **pepper**, then toss to coat.

If you opted to get **turkey**, pat dry with paper towels. Cut **turkey** into 1-inch strips crosswise. Season the **turkey** in the same way the recipe instructs you to season the **chicken**.



## Cook chicken

Heat a large non-stick pan over medium heat. When hot, add **½ tbsp oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches for 4 ppl, using ½ tbsp oil per batch!) Cook until **chicken** is golden-brown and cooked through, 4-5 min per side.\*\*

Cook the **turkey** in the same way the recipe instructs you to cook the **chicken**.



## Make dressing

While **chicken** cooks, add **sour cream, lime zest** and **1 tbsp lime juice** (dbl for 4 ppl) to another medium bowl. Add **¼ tsp chipotle powder** for extra heat, if desired. Season with **salt** and **pepper**, then whisk to combine.



## Assemble salad

Add **spring mix, tomatoes** and **half the green onions** to a large bowl. Add **half the lime crema dressing**. Toss to combine.



## Finish and serve

Divide **salad** between plates. Top with **chicken**. Drizzle **remaining lime crema dressing** over top. Sprinkle with **remaining green onions**.

# Dinner Solved!