

# Southwestern-Style Chicken and Ranch Salad

with Charred Veggies

Quick

Spicy

20 Minutes











2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and

Chicken Thighs 280 g | 560 g









1 | 2

310 g | 620 g









Southwest Spice







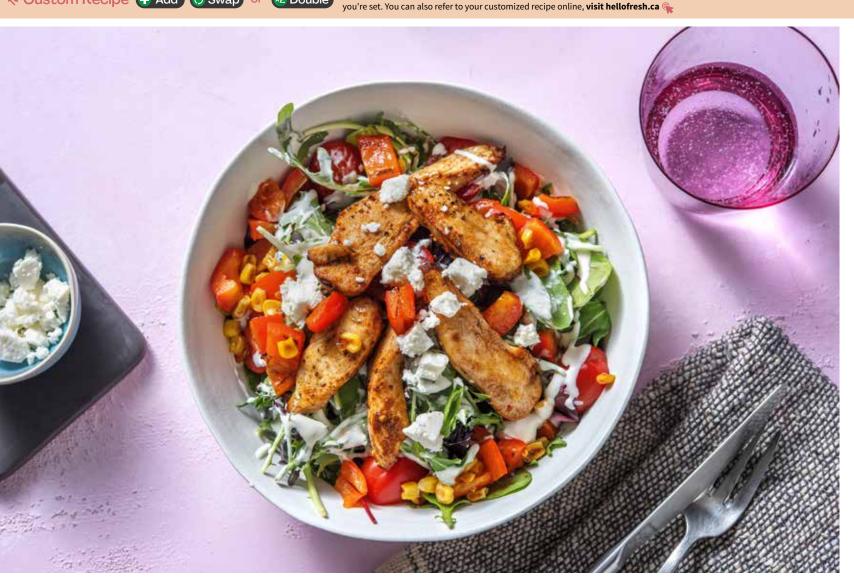




1 | 2



¼ cup | ½ cup



Allengens 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. Cooking utensils | Baking sheet, measuring spoons, aluminum foil, large bowl, large non-stick pan, paper towels



# Prep

- Before starting, preheat the broiler to high.
- · Wash and dry all produce.
- Core, then cut **hot pepper** into 1/4-inch pieces, removing **seeds** for less heat. (TIP: We suggest using gloves when prepping spicy peppers!)
- Cut tomato into ½-inch pieces.



## Char veggies

- Heat a large non-stick pan over medium heat.
- When hot, add 1 tbsp (2 tbsp) oil, then corn and hot pepper. Season with salt and pepper.
- Cover and cook, flipping once halfway through, until veggies are dark goldenbrown, 8-10 min.
- Transfer veggies to a plate.



## Cook chicken

Swap | Chicken Thighs

### 🗘 Swap | Tofu

- Meanwhile, pat **chicken** dry with paper towels.
- Toss chicken with 1 tbsp (2 tbsp) oil on a foil-lined baking sheet.
- Season all over with Southwest Spice Blend, salt and pepper.
- Broil **chicken** in the **middle** of the oven until cooked through, 8-10 min.\*\*



#### 3 | Cook tofu

Measurements

3 | Cook chicken

Swap | Chicken Thighs

If you've opted to get chicken thighs, cut them into 1-inch strips, then prepare and cook them the same way the recipe instructs you to prepare and cook the chicken tenders.\*\*

within steps

### Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels, then cut into 1-inch pieces. Arrange on a foil-lined baking sheet. Toss tofu with 1 tbsp (2 tbsp) oil, then season all over with **Southwest Spice Blend**, **salt** and pepper. Broil in the middle of the oven, stirring halfway through cooking, until goldenbrown, 9-10 min.

1 tbsp

oil



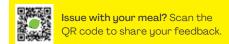
#### Assemble salad

- Add charred veggies, tomatoes and spring mix to a large bowl.
- Drizzle half the ranch dressing over top.
- Season with salt and pepper, then toss to combine.



#### Finish and serve

- Divide salad between plates. Top with chicken.
- Drizzle remaining ranch dressing over top.
- Sprinkle with feta cheese.



<sup>\*</sup> Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.