



Southwestern-Style Chicken and Ranch Salad

with Charred Veggies

Quick

Spicy

20 Minutes

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or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

↻ Swap



Chicken Thighs*
280 g | 560 g

↻ Swap



Tofu
1 | 2



Chicken Tenders
310 g | 620 g



Spring Mix
56 g | 113 g



Southwest Spice Blend
1 tbsp | 2 tbsp



Corn Kernels
113 g | 227 g



Hot Pepper
1 | 2



Ranch Dressing
4 tbsp | 8 tbsp



Tomato
1 | 2



Feta Cheese, crumbled
¼ cup | ½ cup



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.

Pantry items | Oil*, salt*, pepper*

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

1



Prep

- Before starting, preheat the broiler to high.
- Wash and dry all produce.
- Core, then cut **hot pepper** into ¼-inch pieces, removing **seeds** for less heat. (**TIP:** We suggest using gloves when prepping spicy peppers!)
- Cut **tomato** into ½-inch pieces.

2



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 golden-brown, 8-10 min.
- Transfer **veggies** to a plate.

3



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.**

4



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.

5



Finish and serve

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

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

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****.

3 | Cook tofu

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 golden-brown, 9-10 min.

** Cook chicken 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.



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