



GARLIC-LIME CHICKEN

with Avocado Salsa and Mexican Street Corn

MAKE FIRST

PRONTO



HELLO

MEXICAN STREET CORN

Also called elote, this is a popular street food in Mexico

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 1128



Chicken Breasts



Grape Tomatoes



Avocado



Garlic



Cilantro



Lime



Mexican Seasoning



Mayonnaise



Sour Cream



Feta Cheese, crumbled



Corn on the cob

BUST OUT

- Aluminum Foil
- Silicone Brush
- Garlic Press
- Whisk
- Paper Towel
- Zester
- Large Non-Stick Pan
- Sugar (1/2 tsp | 1 tsp)
- Measuring Spoons
- Salt and Pepper
- 2 Medium Bowls
- Olive or Canola oil
- Small Bowl

INGREDIENTS

2-person | 4-person

- Chicken Breasts 340 g | 680 g
- Grape Tomatoes 113 g | 227 g
- Avocado 1 | 2
- Garlic 20 g | 40 g
- Cilantro 10 g | 20 g
- Lime 1 | 2
- Mexican Seasoning 1 tbsp | 2 tbsp
- Mayonnaise 3,9 2 tbsp | 4 tbsp
- Sour Cream 2 3 tbsp | 6 tbsp
- Feta Cheese, crumbled 2 1/4 cup | 1/2 cup
- Corn on the cob 2 | 4

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

* Laver et sécher tous les aliments.

** Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

BBQ TIP: Instead of pan-frying, grill corn cobs on medium heat, turning occasionally, until corn kernels are dark golden-brown, 10-12 min.



1 PREP

Wash and dry all produce.* Cut the **tomatoes** in half. Mince or grate the **garlic**. Roughly chop the **cilantro**. Zest, then juice the **lime(s)**. Halve, pit and cut the **avocado(s)** into 1/2-inch cubes. Peel the husk off the **corn**. Pat the **chicken** dry with paper towels, then cut **each breast** into 1/2-inch slices.



4 MAKE SALSA

In another medium bowl, whisk the **remaining lime juice**, **remaining lime zest**, **1/2 tsp sugar** (dbl for 4 ppl) and **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Add the **avocado**, **tomatoes** and **half the cilantro**. Stir together. In a small bowl, stir together the **mayo**, **sour cream**, **remaining garlic**, **half the feta** and **remaining cilantro**.



2 MARINATE CHICKEN

In a medium bowl, combine the **Mexican seasoning**, **half the lime juice**, **half the lime zest**, **1 tsp garlic** (dbl for 4 ppl) and **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Add the **chicken** and toss to coat. Set aside.



5 COOK CHICKEN

Heat the same pan over medium-high heat. When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then the **chicken**. Cook, stirring occasionally, until the **chicken** is cooked through, 6-8 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.**) (**NOTE:** Don't overcrowd the pan; cook the chicken in two batches for 4 ppl, using 1 tbsp oil for each batch!)



3 SEAR CORN

Heat a large non-stick pan over medium heat. When the pan is hot, add the **corn** to the dry pan and cover with a lid. Cook, carefully shaking pan often, until the **corn kernels** are dark golden-brown, 12-13 min. Remove the pan from the heat and transfer the **corn** to a plate. Cover with foil to keep warm. Set aside.



6 FINISH AND SERVE

Brush **half the sour cream mixture** over the **corn** and sprinkle with **remaining feta**. Divide the **corn** and **chicken** between plates. Top the **chicken** with the **salsa** and dollop with any **remaining sour cream mixture**.

DELICIOSO!

You'll be transported on an instant vacation to Mexico with this dish.