



Southwestern-Spiced Chicken and Ranch Salad

with Charred Veggies

Spicy

Quick

25 Minutes



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!



Chicken Breasts



Chicken Thighs



Baby Spinach



Southwest Spice Blend



Corn Kernels



Poblano Pepper



Ranch Dressing



Roma Tomato



Feta Cheese, crumbled

HELLO SOUTHWEST SPICE BLEND

This blend is crucial in Tex-Mex dishes and adds Southern flair to this loaded salad!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Chicken Thighs ♦	280 g	560 g
Baby Spinach	56 g	113 g
Southwest Spice Blend	1 tbsp	2 tbsp
Corn Kernels	113 g	227 g
Poblano Pepper 🌶️	160 g	320 g
Ranch Dressing	4 tbsp	8 tbsp
Roma Tomato	80 g	160 g
Feta Cheese, crumbled	¼ cup	½ cup
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

- Core, then cut **poblano** into ¼-inch pieces, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping poblanos!)
- Cut **tomato** into ½-inch pieces.



Char veggies

- Heat a large non-stick pan over medium heat.
- When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **corn** and **poblanos**. 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.



Assemble salad

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



Cook chicken

- Meanwhile, pat **chicken** dry with paper towels, then cut lengthwise into 1-inch strips.
- Toss **chicken** with **1 tbsp oil** (dbl for 4 ppl) 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.**

If you've opted to get **chicken thighs**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breasts**.



Finish and serve

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

Dinner Solved!