

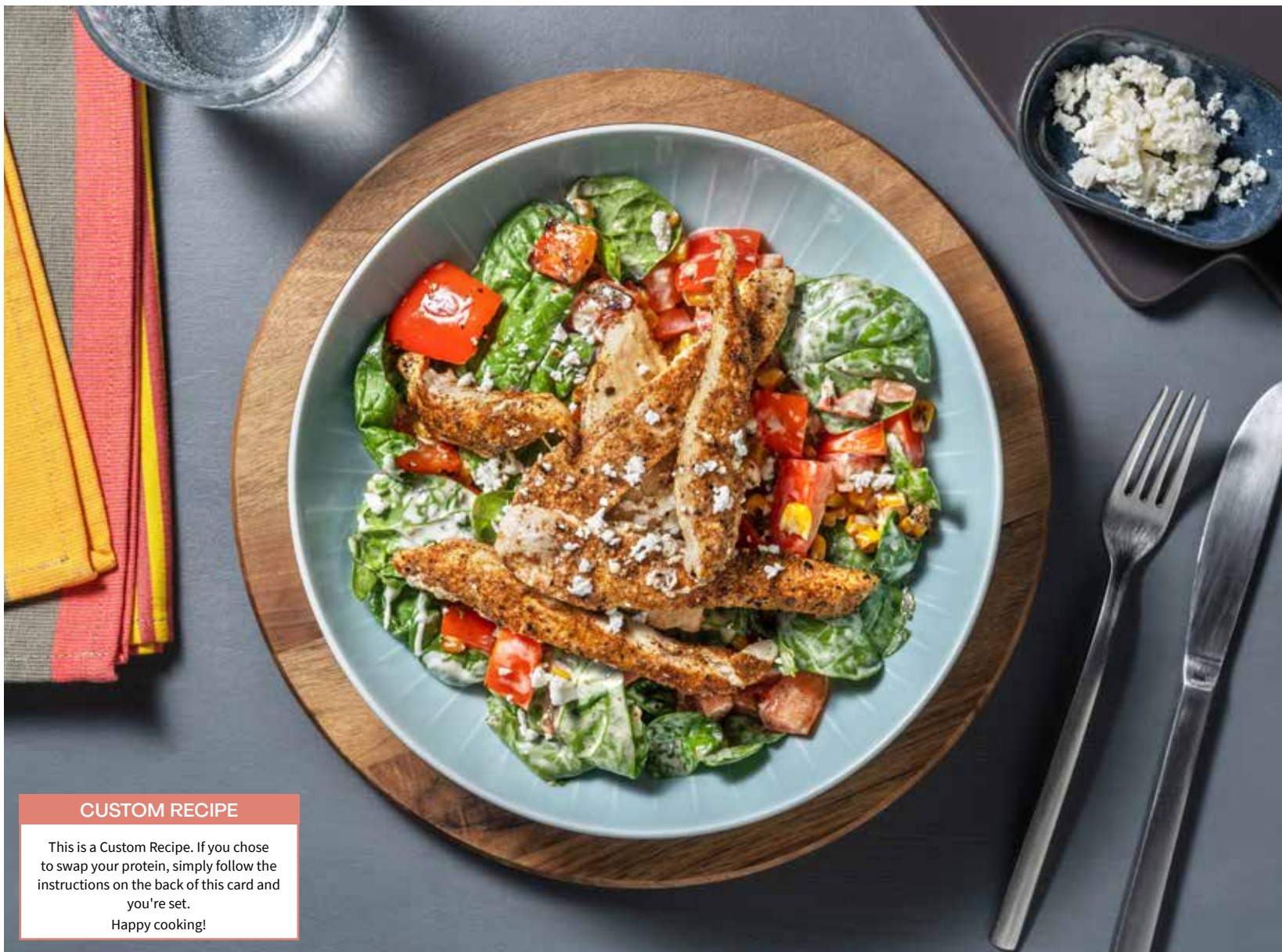


# Southwestern-Spiced Chicken and Ranch Salad

with Charred Veggies

Quick

25 Minutes



Chicken Breasts



Chicken Thighs



Baby Spinach



Southwest Spice Blend



Corn Kernels



Sweet Bell Pepper



Ranch Dressing



Roma Tomato



Feta Cheese,  
crumbled

## 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 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
Sweet Bell 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

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



## Prep

- Core, then cut **pepper** into ¼-inch pieces.
- Cut **tomato** into ½-inch pieces.
- Pat **chicken** dry with paper towels, then cut lengthwise into 1-inch strips. Set aside.

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**.



## Char veggies

- Heat a large non-stick pan over medium heat.
- When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **half the corn** (use all corn for 4 ppl) and **peppers**. Season with **salt** and **pepper**.
- Cover and cook, stirring once halfway through, until **veggies** are dark golden-brown, 8-10 min.
- Transfer **veggies** to a plate.



## Broil chicken

- Meanwhile, add **chicken** and **1 tbsp oil** (dbl for 4 ppl) to a foil-lined baking sheet.
- Season with **Southwest Spice Blend**, **salt** and **pepper**, then toss to coat.
- Broil in the **middle** of the oven until cooked through, 8-10 min. \*\*



## Assemble salad

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



## Finish and serve

- Divide **salad** between plates.
- Top with **chicken**.
- Sprinkle **feta cheese** over top.

## Dinner Solved!