



# ONE-PAN TROPICAL CHICKEN TACOS

with Pineapple Kiwi Salsa and Hot Sauce Crema



## HELLO

### PINEAPPLE KIWI SALSA

A sweet and tangy taco topping that's anything but ordinary

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 760



Red Onion



Kiwi



Chicken Breast Strips



Southwest Spice Blend



Hot Sauce



Cilantro



Bell Pepper\*



Pineapple



Blackening Spice



Sour Cream  
(Contains: Milk)



Flour Tortillas  
(Contains: Wheat)



Lime

\*Your bell pepper may be orange, yellow, or red. No matter what the color, it will still be delicious!

## START STRONG

Want to take your chicken to the next level? Make sure to preheat your pan until the oil starts to shimmer, then add chicken in a single layer. Stir only after the chicken strips develop a delicious brown sear on one side.

## BUST OUT

- Zester
- Paper towels
- Strainer
- Kosher salt
- 2 Small bowls
- Black pepper
- Peeler
- Medium bowl
- Large pan
- Vegetable oil (4 tsp | 4 tsp)

## INGREDIENTS

Ingredient **2-person** | **4-person**

- |                          |                 |
|--------------------------|-----------------|
| • Cilantro               | ¼ oz   ¼ oz     |
| • Lime                   | 1   1           |
| • Pineapple              | 4 oz   8 oz     |
| • Red Onion              | 1   1           |
| • Bell Pepper            | 1   2           |
| • Kiwi                   | 1   1           |
| • Chicken Breast Strips* | 10 oz   20 oz   |
| • Blackening Spice       | 1 TBSP   1 TBSP |
| • Southwest Spice Blend  | 1 TBSP   1 TBSP |
| • Sour Cream             | 4 TBSP   8 TBSP |
| • Hot Sauce              | 1 tsp   2 tsp   |
| • Flour Tortillas        | 6   12          |

\* Chicken is fully cooked when internal temperature reaches 165 degrees.

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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# HelloFRESH



## 1 PREP

Wash and dry all produce. Roughly chop **cilantro**. Zest and halve **lime**. Drain **pineapple** over a small bowl, reserving juice; roughly chop fruit. Halve and peel **onion**. Thinly slice one half; mince other half until you have 1 TBSP (2 TBSP for 4 servings). Peel and finely dice **kiwi**. Core, deseed, and thinly slice **bell pepper**.



## 4 COOK CHICKEN

Pat **chicken** dry with paper towels. Heat another large drizzle of **oil** in same pan over medium-high heat. Add chicken, **Blackening Spice**, **Southwest Spice**, and a few large pinches of **salt**. Cook, stirring occasionally, until browned and cooked through, 4-6 minutes.



## 2 MAKE SALSA

In a medium bowl, combine **cilantro**, **pineapple**, **1 TBSP pineapple juice**, **minced onion**, **kiwi**, and **lime zest**. Squeeze in juice from both **lime halves**. Season with a small pinch of **salt**. Stir to combine and set aside.



## 5 MAKE CREMA

While chicken cooks, in a second small bowl, combine **sour cream** and as much **hot sauce** as you like. Add **water**, 1 tsp at a time, until mixture reaches a drizzling consistency. Season with **salt**.



## 3 COOK VEGGIES

Heat a large drizzle of **oil** in a large pan over medium-high heat. Add **sliced onion**, **bell pepper**, and a large pinch of **salt**. Cook, stirring occasionally, until veggies are tender and lightly charred, 5-7 minutes. Season with **salt** and **pepper**; transfer to a plate and set aside.



## 6 FINISH AND SERVE

Wrap **tortillas** in damp paper towels and microwave until warm, about 30 seconds. Divide between plates, then fill with **chicken** and **veggies**. Top with **salsa** and **crema**.

## BOWLED OVER

Next time, try trading tortillas for rice and building yourself a tropical bowl.

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