



In your box

- 1 Red Onion
- ¼ oz. Cilantro
- 3 Poblano Peppers
- 1 Roma Tomato
- 1 Lime
- 13 oz. Boneless Skinless Chicken Breasts
- 1 Tbsp. Taco Seasoning
- 2 oz. Shredded Cheddar-Jack Cheese
- 2 oz. Sour Cream



Chicken Taco Stuffed Peppers

with pico de gallo and sour cream

NUTRITION per serving—Calories: 537, Carbohydrates: 23g, Fat: 26g, Protein: 49g, Sodium: 1689mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
30-40 min.

Cook Within
5 days

Difficulty Level ● ● ● ● ●
Intermediate

Spice Level ● ● ● ● ●
Mild

① You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Medium Non-Stick Pan, Mixing Bowl

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **onion, cilantro**



1

Roast Peppers and Prepare Ingredients

- Stem **poblano peppers**, halve lengthwise, seed, and remove ribs. *Wash hands and cutting board after prepping.*
- Place peppers on prepared baking sheet. Drizzle with 1 tsp. **olive oil** and massage oil into peppers. Turn cut side up and roast in hot oven until tender, 10-12 minutes.
- While peppers roast, halve and peel **onion**. Cut halves into ¼" dice.
- Core **tomato** and cut into ¼" dice.
- Mince **cilantro** (no need to stem).
- Halve **lime**. Juice one half and cut other half into quarters.



2

Make the Filling

- Pat **chicken** dry and, on a separate cutting board, cut into 1" dice. Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add diced chicken to hot pan and stir occasionally until beginning to brown, 2-3 minutes.
- Reserve 2 Tbsp. **onion**. Add remaining onion to pan and stir occasionally until onion begins to get tender, 2-3 minutes.
- Stir in ¼ cup **water**, **taco seasoning**, and ¼ tsp. **salt**. Cook until water is almost evaporated and diced chicken reaches a minimum internal temperature of 165 degrees, 2-3 minutes.
- Remove from burner.



3

Make the Pico de Gallo

- Combine **tomatoes**, reserved **onion**, **cilantro** (reserve a pinch for garnish), 2 tsp. **lime juice**, ¼ tsp. **salt**, and a pinch of **pepper** in a mixing bowl. Set aside for flavors to marry.



4

Prepare and Roast the Peppers

- Scoop **filling** evenly into **poblano peppers**. Top filling with **cheese**.
- Roast until cheese is melted, 8-10 minutes.



5

Finish the Dish

- Plate dish as pictured on front of card, garnishing **peppers** with **pico de gallo**, **sour cream**, and reserved **cilantro**. Squeeze **lime wedges** over to taste. Bon appétit!