



In your box

- 2 tsp. Buttermilk-Dill Seasoning
- 2 oz. Chick'n Dip'n Sauce
- 4 oz. Shredded Brussels Sprouts
- 6 fl. oz. Canola Oil
- 1 oz. Shredded Cheddar-Jack Cheese
- 3 oz. Sour Cream
- 2 oz. Flour
- 6 Small Flour Tortillas

Customize It Options

- 12 oz. Diced Boneless Skinless Chicken Breasts
- 8 oz. Shrimp
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

*Contains: milk, eggs, wheat

You will need

- Pepper
- Medium Non-Stick Pan,
- 4 Mixing Bowls

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Classic Meal Kit



Fried Chicken Tacos

with Brussels sprout slaw

NUTRITION per serving—Calories: 1006, Carbohydrates: 79g, Sugar: 11g, Fiber: 5g, Protein: 52g, Sodium: 1773mg, Fat: 54g, Saturated Fat: 15g
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

30-40 min.

Cook Within

5 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **sour cream**



1. Make the Brussels Sprout Slaw

- Combine half the **sour cream** (reserve remaining for chicken), **Brussels sprouts**, and **seasoning blend** in a mixing bowl. Refrigerate until plating.



2. Prepare the Chicken

- Place a medium non-stick pan over medium-high heat and add **canola oil**. Let heat, 5 minutes.
- While oil heats, pat **diced chicken** dry, and season all over with a pinch of **pepper**.
- In another mixing bowl, combine remaining **sour cream** and 1 Tbsp. **water**. Place **flour** in another mixing bowl.
- Place half the diced chicken in sour cream-water mixture, coating completely. Then transfer to bowl with flour, coating completely. Repeat with remaining diced chicken.

Customize It Instructions

- If using **shrimp**, follow same instructions as chicken in Steps 2 and 3, frying until shrimp reach minimum internal temperature, 2-3 minutes per side.



3. Fry the Chicken

- Line a plate with a paper towel.
- Test **oil** temperature by adding a pinch of **flour** to it. It should sizzle gently. If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat.
- Working in batches if necessary, carefully add **diced chicken** to hot oil. Cook until golden brown and chicken reaches a minimum internal temperature of 165 degrees, 3-4 minutes per side.
- Transfer chicken to towel-lined plate. Rest, at least 5 minutes.



4. Warm the Tortillas

- Wrap **tortillas** in a damp paper towel and microwave until warmed, 30-60 seconds.
- Alternatively, place a medium non-stick pan over medium-high heat. Add tortillas, one at a time, to hot, dry pan. Heat undisturbed, 30-45 seconds per side. Remove from pan.



5. Finish the Dish

- In another mixing bowl, combine **sauce** and 1 Tbsp. **water**.
- Plate dish as pictured on front of card, filling **tortillas** with **chicken**, **cheese**, sauce, and **slaw**. Bon appétit!