



In your box

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

Customize It Options

- 12 oz. Diced Chicken Tenderloin
- 10 oz. Antibiotic-Free Ground Beef
- 12 oz. Ground Turkey
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 10 oz. Ground Beef

*Contains: milk

You will need

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

Minimum Internal Protein Temperature

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

Classic Meal Kit



Chicken Taco Stuffed Peppers

with pico de gallo and sour cream

NUTRITION per serving—Calories: 503, Carbohydrates: 24g, Sugar: 11g, Fiber: 7g, Protein: 50g, Sodium: 1330mg, Fat: 24g, Saturated Fat: 10g
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

Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- 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, and remove seeds and ribs. *Poblano peppers can vary in spice level; most are mild, but a few can be quite hot. Wash hands and cutting board after prepping.*
- Place peppers on prepared baking sheet. Drizzle with 1 tsp. **olive oil** and massage oil into peppers. Place 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 wedges.
- Carefully drain liquid from **chicken**.



2. Make the Filling

- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **chicken** to hot pan and stir often, breaking up meat, until starting to brown, 2-3 minutes.
- Set aside 2 Tbsp. **onion**. Add remaining onion to pan and stir often until onion softens, 2-3 minutes.
- Stir in ¼ cup **water**, **seasoning blend**, and ¼ tsp. **salt**. Cook until water is almost evaporated and chicken reaches a minimum internal temperature of 165 degrees, 2-3 minutes.
- Remove from burner.

Customize It Instructions

- If using whole **chicken breasts**, pat dry and, on a separate cutting board, cut into 1" dice. Follow same instructions as chicken tenderloin.
- If using **ground beef**, follow same instructions as chicken tenderloin in Step 2, breaking up meat until no pink remains and ground beef reaches minimum internal temperature, 4-6 minutes.
- If using **ground turkey**, follow same instructions as chicken tenderloin in Step 2, breaking up turkey until no pink remains and ground turkey reaches minimum internal temperature, 7-9 minutes.



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. Assemble and Roast the Peppers

- Divide **filling** equally among **poblano peppers**. Top with **cheese**. *Baking sheet will be hot! Use a utensil.*
- Roast again 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!