

# Chicken Taco Stuffed Peppers

WITH PICO DE GALLO AND SOUR CREAM

Classic



## Prep & Cook Time

30-40 MIN

## Cook Within

5 DAYS

## Difficulty Level

INTERMEDIATE

## Spice Level

MEDIUM

## You Will Need

Olive Oil, Salt, Pepper, Cooking Spray

Baking Sheet, Medium Non-Stick Pan, Mixing Bowl

## Ingredients

- 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**
- 10 oz. Diced Boneless Skinless Chicken Breasts
  - 10 oz. Ground Beef
  - 10 oz. Ground Turkey
  - 20 oz. Double Portion Diced Boneless Skinless Chicken Breasts

## Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

View nutritional information at [www.homechef.com/23523](http://www.homechef.com/23523)

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

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, sesame, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.



## Before You Cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Turn oven on to **400 degrees**. Let preheat, at least 10 minutes
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **onion, cilantro**

### Customize It Instructions

- If using **20 oz. diced chicken breasts**, follow same instructions as 10 oz. diced chicken breasts, working in batches, if necessary.
- If using **ground beef**, follow same instructions as chicken in Step 3, breaking up until starting to brown, 2-3 minutes, adding **ingredients**, then stirring occasionally until beef reaches minimum internal temperature, 2-3 minutes.
- If using **ground turkey**, follow same instructions as chicken in Step 3, breaking up until starting to brown, 3-4 minutes, adding **ingredients**, then stirring occasionally until turkey reaches minimum internal temperature, 3-4 minutes.



### 2. Prepare the Ingredients

- Halve **lime**. Cut one half into wedges and juice the other half.
- Core **tomato** and cut into 1/4" dice.
- Mince **cilantro** (no need to stem).
- Halve and peel **onion**. Cut halves into 1/4" dice.
- Pat **chicken** dry. Coarsely chop.



### 4. Make the Pico de Gallo

- Combine **tomatoes**, reserved **onion**, **cilantro** (reserve a pinch for garnish), 2 tsp. **lime juice**, 1/4 tsp. **salt**, and a pinch of **pepper** in a mixing bowl. Set aside for flavors to marry.



### 1. Start the Peppers

- Stem **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 peppers cut side up and roast in hot oven until tender, 10-12 minutes.
- While peppers roast, continue recipe.



### 3. 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 until starting to brown, 2-3 minutes.
- Set aside 2 Tbsp. **onion**. Add remaining onion to hot pan and stir often until onion softens, 2-3 minutes.
- Stir in 1/4 cup **water**, **taco seasoning**, and 1/4 tsp. **salt**. Then stir occasionally until water is almost evaporated and chicken reaches a minimum internal temperature of 165 degrees, 2-3 minutes.
- Remove from burner.



### 5. Finish Peppers and Finish Dish

- Carefully remove baking sheet from oven. Divide **filling** equally among roasted **peppers**. Top with **cheese**. *Baking sheet will be hot! Use a utensil.*
- Roast again in hot oven until cheese is melted, 8-10 minutes.
- 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!