



# Poblano Popper Chicken Thigh Tacos

WITH REFRIED BLACK BEANS

Family Meal



**Prep & Cook Time**

25-35 MIN

**Cook Within**

5 DAYS

**You Will Need**

Olive Oil, Salt, Pepper  
Medium Non-Stick Pan,  
Microwave-Safe Bowl, Mixing  
Bowl

**Ingredients**

- 28 oz. Diced Chicken Thighs
- 8 Small Flour Tortillas
- 8 oz. Black Beans
- 2 Green Onions
- 2 oz. Shredded Cheddar-Jack Cheese
- 6 oz. Fire Roasted Corn Kernels
- 4 oz. Sour Cream
- 4 tsp. Buttermilk-Dill Seasoning
- 3 oz. Diced Poblano
- 1 Lime

**Difficulty Level**

INTERMEDIATE

**Spice Level**

MILD

**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/21536](http://www.homechef.com/21536)

\*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, 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
- Ingredient(s) used more than once: **buttermilk-dill seasoning**, **green onions**, **cheese**



### 1. Prepare the Ingredients

- Halve **lime**. Cut one half into wedges and juice the other half.
- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Pat **chicken thighs** dry, and season all over with half the **buttermilk-dill seasoning** (reserve remaining for crema). *Don't worry about trimming. Excess fat will render while cooking and add flavor.*



### 2. Cook the Chicken and Vegetables

- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**.
- Add **chicken** and **white portions of green onion** to hot pan. Stir occasionally until chicken is lightly browned and reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- Remove from burner. Remove chicken to a plate and tent with foil. Wipe pan clean and reserve.
- Return pan used to cook chicken to medium heat and add 2 tsp. olive oil.
- Add **poblano**, **corn**,  $\frac{1}{4}$  tsp. **salt**, and a pinch of **pepper** to hot pan. Stir occasionally until poblano is bright green and tender, 2-3 minutes.
- Remove from burner.



### 3. Cook the Refried Beans

- In a microwave-safe bowl, combine **beans and their liquid**, 1 tsp. **olive oil**, and  $\frac{1}{4}$  tsp. **salt**, and an extra pinch of salt.
- Cover with a damp paper towel. Microwave, 1 minute.
- Carefully remove from microwave. Add half the **cheese** (reserve remaining for tacos) and mash until combined.
- Stir in **lime juice** to taste (reserving 1 tsp. for crema). Top with half the **green portions of green onions** (reserve remaining for tacos).



### 4. Heat Tortillas, Make Crema, and Finish Dish

- Wrap **tortillas** in a damp paper towel and microwave until warm, 30-60 seconds.
- Combine **sour cream**, remaining **buttermilk-dill seasoning**, 1 tsp. remaining **lime juice**, 2 Tbsp. **water**, and remaining **green portions of green onions** in a mixing bowl.
- Plate dish as pictured on front of card, filling tortillas with **chicken**, **vegetables**, remaining **cheese**, and crema. Squeeze **lime wedges** over to taste. Bon appétit!