



### In your box

- 1 Tbsp. Chile and Cumin Rub
- 3 oz. Corn Kernels
- 1 Lime
- ½ oz. Tortilla Strips
- 2 tsp. Chicken Base
- 1 Poblano Pepper
- 1 Yellow Onion
- 4 fl. oz. Light Cream
- 1 oz. Shredded Oaxacan Cheese

### Customize It Options

- 12 oz. Diced Boneless Skinless Chicken Breasts
- 4 oz. Bacon
- 8 oz. Italian Pork Sausage Links
- 8 oz. Shrimp
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

\*Contains: milk, shellfish (shrimp)

### You will need

- Olive Oil, Salt, Pepper
- Medium Pot



## One-Pot Creamy Chicken Chowder

with poblano and crispy tortillas

NUTRITION per serving—Calories: 602, Carbohydrates: 41g, Fat: 31g, Protein: 43g, Sodium: 1632mg.

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

25-35 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Mild

## 👑 Before you cook

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

- ☐ If using fresh produce, thoroughly rinse and pat dry

### Customize It Instructions

- If using **whole chicken breasts**, cut into 1" dice. Follow same instructions as diced chicken.
- If using **shrimp**, follow same instruction as chicken in Step 1 and 2, searing shrimp until they reach minimum internal temperature, 2-3 minutes per side. Add shrimp to chowder at the end of Step 4 and stir until shrimp are heated through, 1-2 minutes.
- If using **Italian sausage**, remove from casing and do not season. Follow same instructions as chicken in Steps 2 and 4.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

### Prepare the Ingredients

- Halve and peel **onion**. Cut halves into ¼" dice.
- Stem **poblano pepper**, seed, and cut into ½" dice. Wash hands and cutting board after prepping.
- Quarter **lime**.
- Pat **diced chicken** dry, and season with a pinch of **salt** and **pepper**.



2

### Sear the Chicken

- Place a medium pot over medium-high heat and add 1 tsp. **olive oil**. Add **chicken** to hot pot and stir occasionally until browned on two sides, 4-6 minutes.
- Transfer to a plate. *Chicken will finish cooking in a later step.*
- Reserve pot; no need to wipe clean.



3

### Start the Chowder

- Return pot used to sear chicken to medium heat and add 2 tsp. **olive oil**.
- Add **onion** and **poblano** (use less if spice-averse) to hot pot and stir often until vegetables are slightly softened, 3-5 minutes.
- Stir in **corn** and **seasoning rub** until combined.
- *If using **bacon**, line a plate with a paper towel. Place a medium non-stick pan over medium heat and add bacon to hot pan. Flip occasionally until crisp, 6-8 minutes. Transfer to towel-lined plate. When cool enough to handle, crumble. Stir half into finished chowder and garnish with half.*



4

### Finish the Chowder

- Add **chicken** and **any accumulated juices**, ½ cup **water**, **cream**, and **chicken base** to pot. Stir to combine and bring to a simmer.
- Once simmering, stir occasionally until slightly thickened and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- *For a thinner texture, stir in additional water 1 Tbsp. at a time until desired texture is reached. Remove from burner. Season with a pinch of **pepper**.*



5

### Finish the Dish

- Plate dish as pictured on front of card, garnishing **chowder** with **cheese** and **tortilla strips**. Squeeze **lime wedges** over to taste. Bon appétit!