



In your box

- 1 oz. Queso Fresco
- 2 Large Flour Tortillas
- 3 oz. Corn Kernels
- ½ oz. Cilantro
- 13 oz. Boneless Skinless Chicken Breasts
- 1 Tbsp. Chile and Cumin Rub
- 1 Romaine Heart
- 1 Roma Tomato
- 1 ½ oz. Chipotle Ranch Dressing

Customer Favorite

Chicken Ranch Taco Salad

with homemade tortilla bowl

NUTRITION per serving—Calories: 702, Carbohydrates: 52g, Fat: 33g, Protein: 49g, Sodium: 1665mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
Nutritional information may vary if you selected antibiotic-free chicken breasts as your protein

Prep & Cook Time
20-30 min.

Cook Within
5 days

Difficulty Level ● ● ●
Intermediate

Spice Level ● ● ● ●
Not Spicy



① You will need

Olive Oil, Pepper, Cooking Spray
Baking Sheet, Large Non-Stick Pan, 2 Mixing Bowls

👑 Before you cook

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

- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



1

Make the Tortilla Bowls

- Make two loosely-packed, softball-sized foil balls, each about 5-6" in diameter.
- Place foil balls on prepared baking sheet and lay a **tortilla** over each. Lightly coat tortillas with **cooking spray**.
- Bake in hot oven until golden brown and crispy, 11-13 minutes.
- Let baked tortilla bowls cool, 5 minutes.
- While tortilla bowls bake, prepare ingredients.



2

Prepare the Ingredients

- Hold **romaine heart** at root end and chop coarsely.
- Core **tomato** and cut into ¼" dice.
- Mince **cilantro** (no need to stem).
- Pat **chicken breasts** dry and, on a separate cutting board, halve lengthwise. Slice chicken into ¼" strips across the width.



3

Cook the Chicken

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **chicken strips** and a pinch of **pepper** to hot pan and stir occasionally until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- Transfer chicken to a mixing bowl and toss with **seasoning rub**.
- Reserve pan; no need to wipe clean.



4

Cook Corn and Toss Salad

- Return pan used to cook chicken to high heat and add 2 tsp. **olive oil**. Add **corn** to hot pan and stir occasionally until beginning to char, 2-4 minutes.
- Transfer corn to another mixing bowl. Add **romaine, tomatoes, and dressing** and toss to combine.
- *If desired, serve dressing on the side to control amount.*



5

Finish the Dish

- Plate dish as pictured on front of card, placing **salad** in **taco bowl** and topping with **chicken**. Garnish with **queso fresco** and **cilantro**. Bon appétit!