



In your box

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

Customize It Options

- 12 oz. Diced Boneless Skinless Chicken Breasts
- 8 oz. Shrimp
- 8 oz. Italian Pork Sausage Links

*Contains: milk

You will need

- Olive Oil, Salt, Pepper
- Medium Pot



One-Pot Creamy Chicken Chowder

with poblano and crispy tortillas

NUTRITION per serving—Calories: 563, Carbohydrates: 33g, Fat: 30g, Protein: 42g, Sodium: 1633mg.

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 **chicken breasts**, pat dry, and, on a separate cutting board, cut into 1" pieces. Follow same instructions as diced chicken.
- If using **shrimp**, follow same instructions as diced chicken in Steps 1 and 2 cooking undisturbed until seared on one side, 2-3 minutes. Flip, and cook until shrimp reaches minimum internal temperature, 1-2 minutes. Add shrimp to chowder right before plating.
- If using **Italian sausage**, on a separate cutting board, remove sausage from casing. Follow same instructions as diced chicken in Steps 1 and 2, breaking up meat until no pink remains and sausage reaches a minimum internal temperature of 160 degrees, 4-6 minutes.

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. *Poblano peppers can vary in spice level; most are mild, but a few can be quite hot. Wash hands and cutting board after prepping.*
- Quarter **lime**.
- Pat **diced chicken** dry, and season all over 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.



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!